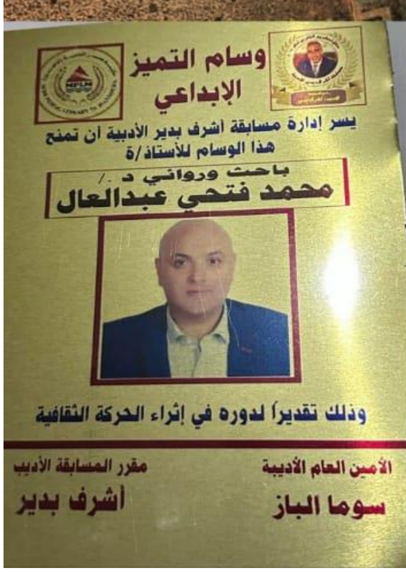
KITAABUI NAXAN WOYEN MA SCIENCE MA

DR. MOHAMED FATHI ABDEL-AL NAN A SEBE

الترجمة الكاملة
لكتاب
كلام في العلم
لمحمد فتحي عبد العال
بلغة السوسو









<u>Wo xa science xa fe fala</u>

<u>Dr. Mohamed Fathi Abdel-Al nan a sEbE</u>

afölè

N to seede nde to naxan kelixi 1302 AH, na nan na ki, 1884 AD nun 1885 AD tagi, a naxa a fala, “A tan nan na baloe ra a man mu kanama abadan. .a xa a xa ariyanna rafelen a xa fafe ra.. Poplar tofangnie naxa sEwa a ma e naxa xi.. a nun a bore nan Ala xa banxi ra a xa yire ra. ... A fan mixi bE a xa balo a xa xiye kui, a ariyanna nan a xa banxi ra, a xa sabatixi, a nun a xa tina naxan mu kanama. A lanma, ariyanna xa sEmbE nun a xa walie, a nun na sEmbE xOrOxOE nan a ra a nun a ra fangni nan a ra na nan findixi kolonɲi kira ra. kira ra lOn ni fenfe ra, ala fama kira ra yabu de a bE naxan siga ma ariyan na, a nun malekEe e xa sEmbE ragoro lOxE fenfe ma, e ra fan a naxan nabama, a nun duniE xa diɲɛ fen a yi ra, naxan na koore ma a nun naxan na na bOxi ma, hali yExE ye kui, a nun duniE xa tinxingni walikE nan ma alo kike xungbe naxan na duniE gbEtE birin ma, a nun na xaxilimae nan na namiɲɔnmɛe xa die ra. Dinari xa na mu dirham xanbi ra, kOnO e bara lOn ni lu na xanbi ra, na nan a ra naxan na tongo a fama nE gbegbe sOtOde)... KOnO lOnni birin lanxi?!.. A mu lanma, barima lOnni naxan sugandixi na nan findixi lOnni fangni nan na naxan munafanyi fima adamadie, a nun duniE xa fe kolon gni. Naxan mixi xa santeya ma a nun adamadie xa baloe ragatafe.

Seede mu findixi fe keren na n bE n gbilen ma sEbEli sEbEli ma - a nun n ma fOlO sEbEli kui a findixi sEbEli nun furema sEbEli nan na - kOnO a findixi wali nan na naxan mu nu na sEbEli yi waxati sEbEli kui arabu xui kui buki ragatade a nun naxan nabaxi a ra na nan n ma sEmbE soxi n ma gbilenfe ra yi wali ma.

N na a falafe nE n ma xanunteya taruxu ma a nun sEbEli naxan mu kolon xi a n na makuya nE gnE wuyaxi bun ma - hali n to nu wama n ma sEbEli nde safe na sEbEli ma - n naxa n ma walie rakamali sEbEli sEbEli kui, naxan n ma wali xungbe nan maxOrin ma n xa fe fangni sugandi , fe xOn na fengni gbEtE bukie tagi a nun fe xOn na fegni, a nun e madangife arabu xui ra ala ko e xa nO yi waxati xa kolon gni xungbe raso de a nun a xa ma findi fe xungbe ra. na fe masen gni gbEtE naxan nabaxi gnE wuyaxi bun ma a bara gbo a nun a

lanma. n ma buki kui naxan na waxati ma, a xa masarae a nun a xa kolonɲi masarama ki naxɛ.

A singe ra n nu yi buki rafalafe, n nu wama fe wuyaxi safe a kui a nun a xa gboe xa dangi na ra, kOnO a xOnO, n ma wali kui n naxa n ma wali masara, na nan a niya n xa n ma wali masara n ma sEmbE ra ala ko n xa n ma sEbEli rakamali mafuren. Na dangi xanbi, yi buki yire gbEtE nan na, Ala tinxi, n naxan sEbE ma n naxan sEbExi a kui barima a mu kamalixi barima a mu kamalixi. N ma kOntOfili nan a ra n wama wali masarafe.

A ra ɲɔnfe ra, n laxi a ra n naxan falaxi a findima fe fangni nan na, a findima kiraya ra, a man fama nE yire fangni sOtOde misira nun arabu buki malande kui.

N bara kai a xaxili yo mu na a xanbi ra

<u>Dr. Mohamed Fathi Abdel-Al</u>

<u>Misira sEbEli ti, fe xOn na fenfe, a nun buki sEbE</u>

Nakhan wakili khi mikhi mali fé ma

N nga xanuxi, Madam Nariman Abdel Fattah Zardak

A nun n xunya xanuxi, Mr. Ahmed Fathi Abdel-Al

N yi wali xunxuri nan fima, n laxi a ra ala nan a ra a xa wuri bogi xa findi e xa wali fangni nan na. a falaxi nE: (Xa mixi faxa, a xa walie bara kana fo saxan: fo sErEya, xa na mu kolon gni naxan tide na a ra, xa na mu di tinxin gni naxan sali rabama a bE.)

Episode singe

Sukari, a xa munafanyie nun a xa fe kobie

Mixi ndee a ma gnOxun xi nE xa e mu tOrOma sukari fure ra, e bara e yEtE ratanga suxu wuyaxi ma, mixi gbegbe naxan ra fan e xa donse mOli kui. , a nun a xa tOrE xun masama nE a dangi a xa danxaniya ra, a xasabi, a nun a kelide fan. A mu masarama a nun a mu dandan ma, barima donse donfe ra bama dOxO de, a mu luxi alo suka naxan saxi donse kui alo ye xOri, bonbon, yogurt, ye, ketchup, a nun na maniE. Sukari yi fe kui a xOrOxOE nan fima mixi xa santeya ma, naxan tide gbo a findixi xungboe nan na, barima a suxuma hormone "leptin" nan ma, naxan a niyEma donse donfe ra a nun a fate rafefe, na nan a ra mixi xa donse xOnE xun masama nE a nun donse naxan na a furi kui a mu nOma a raxande. yi sEbElie kelixi a xa ye xOri minfe nan ma waxati nde, barima a nu tOrOma ye xOri minfe nan ma. waxati xOn kue a nun a mixi findi ma suka fure ra, naxan nOma a yEtE ratangade xa a sa li a bara a yEtE ra gbata, n man a falama nE tEmui birin, “bElExE nan na duniE ra,” a nun mixi yo mu lOE ma naxan na a yEtE ra.

Fure gbEtE nan ya: bOgnE fure, bOgnE, bOgnE fure, a nun bOgnE fure, barima suka wuli ra gnErE ma tOrO ma, a nun man gninE xOnE, gnE xOnE, a nun gnE xOnE, barima suka nan na se ra bakterie wama naxan xOn ma a nun a saabui ra a xa tOrE rayensen ma gninE ma.

Sukari xa fe kobie mu dangima fate yire wuyaxi kanafe ra, kOnO a dangi na ra ala ko baloe xungbe naxa so fate kui, na nan a niyama a xa na see xa sOtO a fangni ra a nun a xa minerale nun vitamine xasabi xurun naxan lanma a xa raba seeli yi ra. na nan a ra barima suka a fate xa vitamin C tongofe ra xurun ma (a kelide: pOmE gbeli a nun gbeli - brokoli - chou-fleur - kale - tomati - pomme de terre - ananas - agrume - mango - kiwi - pome de terre - cantaloupe - pasteque - thym - persil - a nun na nan a ra fate mu a xa hayi sOtOxi lOxOE birin yi vitamini xungbe ra a fate ma sEmbE ra. yExE ture alo saumon, mackerel, a nun sardine - cod foie ture - ye xOxE - xOri - champignons naxan na ultraviolet ra, xa na mu soge xa na mu ultraviolet

lanpui, barima fate a raminima a yEtE ra soge na xanbi ra) - a nun man kalsium, alo suka gbegbe naxan vitamini D sOtOxi ra xurun ma a nun a xa antioxydant, anti-inflammatoire a nun a makantama nerve, xaxili see, immunitE nun fate ma, a nun na xurun gni a xurun ma fate xa sEmbE nan ma . Kalsium - (a kelide: soya - tahini naxan yayilan xi sesame ra - lin sansi - wuri bilie alo brokoli, xOri a nun toge - pOm d tE - tournesol sansi - amande - legumes a nun sansi xOri alo toge fixE) - a findixi fe xungbe nan na xOri nun gningni naxan fatanxi vitamini D ra, naxan a niyama a xa findi fure ra, a nun xOri nun gningni fure. sansi xOri, xignE see) a tide na wuli suxufe ra a nun insuline nun magnesium sEmbE sofe ra. pois - black beans) - A tide na fate nun nerve xa walie ra. Na fe firin birin na kanafe a nun e xa sEmbE kanafen na ra barima suka gbegbe nan a ra. xOnE naxan mu fate xa munafanyi sOtOxi a kui a lanma a xa naxan naba.

Sukari xasabi naxan lan ma a xa don lOxOE birin gnE wuyaxi ma, a falaxi “Web Medicine” yi yire nan ma: forie: Sukari mu dangi 30 gramme ra - dimEdie naxee na gnE solofere a nun 10 tagi: e mu dangi 24 gramme ra - dimEdie naxee na 4 han 10 tagi. gnE senni: A naxa dangi 19 gramme ra.

A lan ma won xa a kolon a sukErE mu nOma findi de suka ra xa i wama tinxin gni ra, e ɲaaxu dangife suka ra a yEtE ra. Na misali nan erythritol ra, naxan findixi sukari ra naxan yayilan ma a nun moniliellabolin levure ra.

Donse donfe rabolofe a xOrOxO, kOnO n ma marasi fima furemae nan ma naxee laxi n na n ma marasi kui, n na a falama e bE: wo na a kolon a xOrOxO wo bE a ra fe nde, wo xa ratu sofale “Diesel” ma naxan nu na Mr. Drury yi ra xure sEti ma “Clear Lake” Kalifornia, na xan a nEtE a xa a yEtE ra gbata a nun a naxa a yEtE sugandi. a ma gnErE, na nan a ra a naxa a kanyi lu 2019 AD a naxa sabati xuruse tagi gnE suli alo e ya ma, na nan a ra a naxa a yEtE rawali e bE e fan naxa e yEtE rawali... A lanma, won tan adamee nO ma tEmui birin - a nun won fisa sofale bE - yi kira nan a ra won xa duniE santeya sOtO won ma waxOn gni birin na, na nan a ra won na won yEtE kanama won yEtE ra baloe ra naxan won malanma mixi yalanxie ra.

A firin de

YExE ture: fe yati a nun fe kobi

Japonkae xa taruxu fori "Namazu" a falama a "Oarfish" yExE, na xan xili "King of Herring", a fate ma xOrOxOE nan a ra a nun a fate xOrOxOE nan a ra a na ye xOrOxOE nan kui. kilomEtrE a nun a mu wuyama a xa te baa fari, na findixi tOnxOma kobi nan na a nun tOnxOma naxan a masenxi a bOxi xa sErEn gni naxan mu fatanxi ala ra a nun a xa kanafe na a sEti ma. Na taruxu mu nu findixi fe gbansan xa ra a nun mixi keren keren ma. barima a minife a ma senxi tunE xungbe nan na a nun ye xunxure. YExE nun bOxi xa sErE tagi rasa nan na?!...A singe ra a nun a dOnxE ra, xaxili tOrOma mu a ra...ade... danxaniya nan a ra naxan yi taruxuie daxi...a nun science nun a xa walisee mu na fe mOdEli masenxi a man mu tinxi na ra tEmui birin a nun yExE faxaxie minixi a ma senxi alo mixi nOma a tode dEndE xEn, a masenxi nE a e findixi mixie nan na, alo adamadie, yi kasarE firin birin kui, barima taganfe yExE tOrOma yExE ma waxati nde nan ma, xa na mu gase a nun se xOrOxOE naxan fatanxi yExE kanafe ra, naxan a niyama yExE gbegbe xa faxa.

Alo taruxu nun taruxu naxan fatanxi dalisee ra e findixi xaxili misalie nan na naxee mu kelima ɲama tagi e man fama dangide e xa malan boreya kui, bɔnsɔɛ yo bɔnsɔɛ, e xa fatanfasi nun e xa masenɲie luma nɛ, a nun lɔnni xa nɔndie nan xunmasaxi, hali a to gboxi ki naxɛ karamOxOe katafe e xa e sEmbE so... na nan a ra mixee laxi naxan na wurie nun se gbEtEe xa fe ma e xa santeya nun e xa duniE ma. a fe kobi nan na bama xa a dangi a xa danxaniya ra... a nun man yi see yalan fe naxan fatanxi science ra a nun furemae xa logique ra a findixi fure wuyaxi nan na e xa fe kobie ma... a mu findixi fe kobi ra naxan mu nOma rabade e mu nOma kOde a nun e mu dan ma alo ɲama birin laxi a ra ki naxE.

A singe ra, bOgnE fure xurun gni eskimoe tagi Arctique kui na nan findi xi xaxili kanyie ra a nun kaaba ra barima e xa baloe naxan na ture gbegbe ra naxan na wuli ma na mu a masenxi. Danemarki xaran mixi firin, Dyerberg nun Bang, e siga nE "Greenland" ala ko e xa nO nOndi matode, a naxa a

masen e bE e xa fe matofe ra naxan nabaxi ɲama ma a Omega-3 gbo (a kelide: a na yExE ture nan kui alo samon naxan na baa kui xE sade mu na, makereli, sardine, tOn a nun sExE mOli firin: docosahexaenoic acids (DHA) a nun eicosapentaenoic acid (EPA) - a man toma wuri ture nan kui alo lin ture a nun soya ture, naxan findixi ture ra Asid alpha-linolenic - xOri alo amande, noix a nun cashew - sansi alo chia - legume alo toge, lentille a nun chickpeas - diyOrE xignE, na nan a ra a sa ma di barixi xignE nan kui - yExE naxan ganxi a nun naxan ganxi, a mu ganxi) a nun yi yire nan a ra naxan na omega gras acids insaturated tagi a fOlO yExE ture nan na baloe ra a nun bOgnE santeya.

Yi lan boreya ra sEmbE sofe marketing nun promotion framework kui na nan findixi kira ra farmaceutique nun nutritional supplement kompanie gbegbe bE naxee bara e yEtE rawali yi bOxi kui ala ko e xa yExE ture fi a wuyaxi ra a nun a maniyE wuyaxi ra, a sare fangni ra, a xungbe a nun a xungbe.

Na nan yi maxOrin tima yi fe birin findixi nOndi nan na yi fe xOn na fegni kui...

Mayo Clinic xa yi luti ma, yExE ture naxan na a kui a xurun xa na mu a ra a mu na bOgnE fure ma, na nan a ra, a mu mixi makantama bOgnE fure ma (a maniyaxi yi waxati ra Aspirin minfe lOxOE birin gnE wulu tongo nani dangi xanbi ala ko mixi xa bOgnE fure sOtO a nun stroke - alo a nu na ki nE tEmui dangixi - barima a xa fe kobie wuli ra minife ra a nun furi fure xOrOxOE nan a ra) a nun a xa fe kobie. a fama nE xurun de dondoroti mixie bE naxee xa wuli xOrOxOE na a ra... hali yExE ture xa wali a niyama a xa triglycérides xurun, naxan mixi makantama atherosclerosis ma (yExE ture 3-4 gramme lOxOE birin triglycérides xurun ma 30%) . KOnO, a xa fe naxan na kolesteroli xurun fe ma a mu gbo, barima a fe gbEtE nan ma senxi hali a to kolesteroli HDL xun masama dondoroti, a man kolesteroli kobi xun masama.

YExE ture xa munafanyi keren a nun a xa omega-3 - naxan findixi fe fangni ra barima a mu na merkuri kui - na nan a ra a di barife ra xurun ma (a dose 2.7 gramme lOxOE birin, a falaxi WebTeb nan ma), a nun a man di bari

xanbi ra xOnE ra xurun ma a man di barife ra bama a fangni ra. Na nan a ra a findi sugandi ra di bari dOktOree tagi. A luxi nbE a xurun. Yi wali fangni naxan na arthritis ma a maniyaxi fate fure nan na, yi xarangni nEnEe a ma senxi a Omega-3 acid na fate xa santeya ma, a fate ma kantE ma soge ma a nun a fate ma sElExun. Avocado mask naxan na omega-3 kui), naxan eczema nun xOnE ra xurun ma, a nun man acne (pimples) dandan ma, xa na mu a ra a nun wuri bogi donse.

Omega-3 wali fangni nan a ra dimEdie xa xaxili nun e xa xaxili kanafen ma, a nun Alzheimer furemae, a nun e xa simaya dangi fe ra. Fe fangni nan a ra Omega-3 xa fe fangni naxan nabaxi na nan a niyaxi lOnni mixee xa na fe kolon. a xa so ki nun a xa so xaxili kui a nun a xa munafanyi naxan na a kui a xa marasi mOdEli nde rafala. A xarangni naxan nabaxi columbia univErsite 2021 AD kui a nO ma protein nde to de naxan xili (MFSD2A) naxan findixi naadE ra omega-3 ture ma. asidi sofe xaxili kui. Na nO ma rabade yi wali ki ma ala ko a xa seri nde rafala naxan nOma sode xaxili kui na ki nE a nun a nO ma fure gbegbe dandan de.

Naxan na dose lanma ra, a xungbe naxan na US Food and Drug Administration (FDA) kui a mu lan a xa dangi omega-3 gramme 3 ra lOxOE birin, kOnO yi dose xun masama nE European Food Safety Authority, a siga han 5 gramme lOxOE birin .

Naxan falaxi Imam Ali bin Abi Talib bE, Ala xa a rafan a ma, a naxElE: "I naxa yEtE don yExE donfe ra, barima a fate rayensen ma nE. A lanma wo xa mixie to naxee na fure kui barima e mu na Omega 3 ra naxan mu gboma fo e fate ma sElExun. fure naxan fatanxi a yusife ra a gbe gbe ra, naxan xOrOxOE wuli ra minife ra a nun stroke ra. Na kui, a lan ma wo naxa a usi ginkgo ra, anticoagulants, a nun antiplaquettes fure ra. A man nOma vitamin E xurun de a nun a xa antioxydant. kelide: ture). furi xOnE, fate xOnE, furi xOnE, furi xOnE, a nun asidi...

Episode saxan nde

Fe nEnE naxan na alzheimer fure ma

Alzheimer fure findixi fe xOrOxOE nan na naxan na yi waxati furemae xa fe kui a xa kirayae kui ala ko fure wuyaxi naxa mini mixi xa duniE masarama a nun fure wuyaxi dandan fe kiraya wuyaxi ra, naxan na a xa di singe nan kui yi fure kobi ma naxan a mixi xa ratui kana ma a man a woli ma a findi xi nE nE ra seeli faxafe ra, a nOma a yEtE ra balode a nun wOyEn fangni ra, a man nOma a xa xaxili, a xa yuge, a nun a xa mixie tagi rasama... What an DuniE xOrOxOE birin naxan dangima yi fure xOrOxOE kui ala ko a xa findi adama ra naxan mu taruxu sOtOxi yi waxati xOnE kui, a nun xaxili kanafen.

Fe naxan a niyama mixi xa Alzheimer fure sOtO a xun masama nE a xa simaya ra a nun a xabilE kui fure naxan na a yi ra a nun mixie tagi naxee na diabEtE 2 ra a man xun masama nE Down syndrome fure ma. mixi ndee naxee mu xaranxi xa na mu naxee xaranxi e xa xaran gni singe kui, naxee mu nOma e xa gnErE ra ba de.

Fe xOn na fen gni ndee a ma senxi nE a Alzheimer fure, naxan ginE nun xamE birin tOrO ma, a nO ma gbode ginEe yi ra a wuyaxi ra barima C3 fure naxan fatanxi ginEe xa fure ra. -based hormonal treatment for at least an year during the period surrounding During menopause or at the beginning of menopause, it can provide opportunities for for feed for the women to developing Alzheimer’s.

Alzheimer fure kolon fe kirayae ya ma naxan na yi fe xOn na fenfe kui, a findixi asidi formiki xungbe nan na mixie xa xOnE kui naxee xa xaxili wali na xurun fe.

SikE yo mu na a ma a mixi lan ma a xa a yEtE ra gbata a xa fate ma xErE ma, a xa a xaxili rawali, a xa bira donse fangni fOxOra naxan na wurie, yExE, yExE, a nun na maniEe, a nun a xa sigareti minfe. Na fe ndee nO ma findi de geresosee ra alzheimer fure dandan fe ra xa na mu a ra a xurun fe ra.

Ɲama xaxilimae Alzheimer fure ma senxi amyloid protein plaque nan na, naxan wOyEn ma seeli tagi, a nun tau proteine maniyE masarama... a nun yi kira firin nan ma fure dandan fe gbegbe naxan na yi fure ma gaxui ma, naxan singe xOn ma a xa sEmbE so seeli ma naxan na nerve cellule kui.

Alzheimer fure dandan ma yi waxati, a findixi cholinesterase inhibitors nan na, naxan acetylcholine yalan ma, naxan na nerve seeli kui a man xurun ma fure tEmui a nun man a wuyaxi ra, kOnO yi fure mu Alzheimer fure dandan ma a nun a xa sEmbE kanafen na ra nerve cells. Won fama memantine nan ma, naxan glutamate xa wali ra gbata ma, naxan findixi se xOrOxOE ra, naxan singe ra bama xaran gni nun xaxili ra...

Furemae ya ma naxee beta-amyloid plaques ma xaxili kui, naxan findixi Alzheimer xa tOnxOma xungbe ra, alo moxo a falaxi ki naxE: Aducanumab, Lecanimab, a nun Donanemab, naxan findixi monoclonal anticorps ra. fure dandan gni naxan nO ma sOtOde, a nun sargramostim fure naxan mixi fate ma kanta ma ala ko a xa a yEtE makanta fure kobie ma naxan mixi xaxili ma kanama.

A findixi gnErE nan na alzheimer fure ra naxan mu dandan ma. A waxOn gni findixi duniE nan na, a tagi nan findixi lanlanteya ra, a nun a waxOn gni nan danxaniya nun kolon gni ra, a nun fe xOrOxOEe nun fe xOrOxOEe.

Episode nani

Melatonin hormone... xiye xife ra bElExE kui

A singe ra, xi waxati nun waxati kolon fe nu lanma a xa raba a nun a nu lanma a xa raba. a nun fransE xa metafisiki singe, "Rene Descartes," a xa salie ya ma a nu wama xife tE naxan nu na tE kui a nun kOE ra. A nu walima waxati fu xa na mu waxati fu nun firin ala ko a xa keli donse don tEmui. na xife xaxili rafelen ma, a nun xaxili naxan xiye ra bama xaxili nan a ra naxan ma gnErE ma tEmui birin, kOnO a to sugandi suEde mangE ginE ra, mangE ginE christina, a sugandi a xa a xa filozofi xaran, a naxa a yEtE masara a xa sariyE bun ma MangE ginE naxa keli gEgEn ma 5h ma a nun fransE xa ambassadeur, "Pierre Chanot", a naxa a xaran banxi kui naxan mu nu xOrOxO, kOnO razaya naxa a suxu a nun fure fure, naxan a niya a xa faxa. na nan a ra a naxa keli fevrie kike fu nun keren, 1650 AD, na nan na ki, gnE keren mu dangi a to a xaran fOlO 1649 AD.

Islami xa namiɲɔnmɛe xa marasi kui, waxati rawali nu xirixi batui ra, na nan a ra, xili nu na xife singe ra, a nun kelife ra waxati saxan nde bun ma alako sali raba. Aslami Nadhla bin Ubaid a fala nE a Annabi, Ala xa duba a bE a nun bElExE fi a ma, a mu rafanxi xife ra beenun a xa donse don, a nun wOyEn fe na dangi xanbi... a nun yi nan nu na Annabi xa hadisi ra, Ala xa duba a bE a nun bOgnE fi a ma. a fari, alo Al-Baraa bin Azib a falaxi Sahih Al-Bukhari kui ki naxɛ: (I na fa i xa sade ma, i xa i xa sali raba, i fa i sa i yirefanyi ma, i fa a fala: Ya Ala, n bara n yatagi sa i yi ra , a nun i xa n ma yaamari fi n ma, n bara n ma xanbi ragoro i ma, i xa waxonɲi nun i xa gaaxui ma, n mu nɔma n yɛtɛ ratangade fo i tan, Ala, n bara danxaniya i xa buki ma naxan. Wo bara xErE, a nun wo xa namiɲɔnmɛ ra wo naxan xɛɛxi, xa wo faxa wo xa kɔɛ ra, wo fama nɛ birade fitrah fɔxɔ ra, wo xa a findi wo xa wɔyɛnɲi dɔnxɔɛ ra a naxɛ: N man bara na fala namiɲɔnmɛ bɛ, Ala xa duba. a nun bElExE fi a ma Ala xa duba a bE a nun bElExE fi a ma. E to a fala n bE: Ala, n laxi i xa kitaabui ra i naxan xErE, n naxa a fala: A nun i xa xOnE, a naxa a fala n bE, ade, i xa namiɲɔnmɛ nan saabui ra. rasamba.)

Ameriki mangE Benjamin Franklin na xaxili keren nan ma: "xife sinden a nun kelife sinden mixi ra sEmbE so ma, a yalan ma, a nafuli sOtO ma a nun a xaxili fan," a xa sEbEli kui na xan xili "xiye fan gni sOtO fe." nunmare waxati han gEgEn suli, na nan na ki waxati solofere gbansan. Hali a xa waxati mixi ndee nu siikExi a xa lanlanteya ma a xa mangEya kui.

Na kui, faransi mangE Napoleon Bonaparte nu laxi a ra a waxati senni nan nu lanxi xamEe bE a nun waxati solofere ginEe bE. KOnO, mixi xaxilitare xa na mu mixi xaxilitare, alo a a falaxi ki naxE, a nu lanma a xa waxati solo masaxan sOtO. Naxan findixi mangE xungbe Winston Churchill ra, duniE gere firin de xa fe ra, a xi waxati suli nan ma, kelife gEgEn ma han gEgEn solo masaxan!!

Mixi ndee a ma gnOxun xi nE xife ra sEmbE sofe ra yalan gni ma, barima xife waxati nun xife waxati mu lanxi e bore ma na nan a niyama mixi mu nOma a xa baloe ra sEmbE sode a fate ma. Xa i keli gEgEn ma a nun i mu iyEtE donse don ma na nan a niyama mixi xa faxa bOgnE fure ma barima a findixi fibre nun vitamine nan na, C, D, E a nun donse gbEtE. Na kui, gEgEn donse findixi sali nan na naxan lan ma a xa raba. a nun a mu lanma a xa lu na, barima a fure xungbe ra xurun ma a nun suka fure, wuli xungbe, bOgnE fure, a nun kansEri naxan fama. , na nan a niyama mixi xa tagan, a xa tagan, a nun a xa donse ture don lOxE birin. A man a niyama mixi xa bOgnE kana a nun xaxili kanafen, a nun a xa hormone “cortisol” ra minife, a nun a xa sEmbE kanafen. a nun ginEe xa kike wali xOnE, a nun man a tide na xarandie tagi e xaxili tife ra a nun man e xa fahaamui xun masa, e xa fe raba a nun e xa faxamu... A man toxi nE a donse xungbe donfe e bore ra a fama nE faxade mafuren. ... Na kui, a lan ma won xa xi waxati nun donse don waxati rafala a fangni ra... Naxan xili intermittent fasting a nun naxan a niyama won xa donse nde don a gbengben gni dE ra, a mu lanma mixi birin bE a man lan ma a xa findi fe nde ra dOktEree xa fe matofe a nun sariyE xOrOxOE ala ko fe kobi naxa raba.

SikE yo mu na a ma a yi waxati duniE xa fe, wali xOrOxOE a nun a xa ma sarafe, a nun wali xungbe naxan na yi waxati dunia kui bara findi bElExE ra

mixi xa xide waxati nun a xa waxati ma. , a nun santeya fe raba fe mu nOma yamaride sOnOn, na nan minixi mixe xa seri fenfe ra a nun wurie naxan e malima e xa xi ala ko e xa e yEtE rawali waxati ma. walie naxan na duniE xa fe singe ma. Xiye naxan na bElExE kui a findixi waxati solo masaxan nan na wali xOrOxOE nan na.

Japonkae xa taruxu fan a falama a i mu nOma xide kOE kui a masenxi nE i na xife a nun i na mixi gbEtE xa xiye kui. xife pills ala ko wo xa nO xanuntenyi rabolofe ra a nun xanunteya xa xOnE.

Mixi yo mu nOma xide tOrOxE ra sOtOde seri ndee ra a nun wurie, alo moxo a falaxi ki naxE, alo: (Diphenhydramine nun doxylamine antihistamines nan e ra na xan e ra tOxOma. E xa fe kobie nan ya: xife tEmui lOxE, dE xOrOxOE, furi xOrOxOE , a nun xOnE ra gatafe - Valerian, naxan xa fe kobie findixi xun xOnE ra a nun sEmbEtareya - Valerian wurie).

Won fafe yi furemae ya ma naxan xili kangni, naxan xili "melatonin", naxan minixi pineal gland nan ma, naxan findixi endocrine gland xunxuri nan na naxan na xaxili tagi gland pituitaire sEti ma, a nun A ma gnOxun xi nE a findixi fate xa waxati ra naxan xima a nun a xa keli... a findima "tryptophan" nan na (a findixi amino asidi nan na naxan sOtOxi donse nan kui) a findi "serotonin" ra (a findixi sEwa nan na). a nun neurotransmetteur chimique xungbe nan a ra xaxili seeli naxan yusima ala ko e xa wOyEn e bore tagi)" a nun "melatonin", naxan xili wuyaxi tongoxi, a nun dimi nun xife, barima a xa minife xun masama dimi kui a nun kOE fOlO ma a nun a xurun ma. Naiyalanyi kui a nun yanyi naiyalanyi, fonike hormone, xa na mu fate waxati hormone.

Melatonin wali xungbe nan na bama ala ko a xa xife ra sEmbE so a yi ra a nun a xa hormone xunmasafe ra a nun a xa somatostatin xurun fe ra, naxan hormone xa gboe ra xurun ma. A ya ma sEmbE kana ma (electrolytes) a nun toxine naxan na seeli kui a nun a ya ma fure kanafen na ra. Na kui, a ya xa santeya xun masama a man tide na glaucome fure ma (pression xungbe ya ma), barima a ya fure kanafen na kana ma. seeli. Yi waxati fe xOn na fegni a ma sEmbE sofe ra - a gbengben gnira xaxili forife - A furee, a gbengben

gnira bOgnE fure a nun prostate xunmasafe ra a nun Alzheimer fure, a nun man a xa wali ra naxan a niyEma di barife ra, barima "melatonin" sOtOxi yire nan ma glande pituitaire nun ovaire a niyama a xa findi fe xungbe ra naxan tide na ginE nun xamE xa fe ra a nun a xa kike wali ra sEmbE sofe ra.

Melatonin minife na xurun fe ra mixi na gnE tongo nani sOtOxi, na nan a masenxi a xife waxati xurun fe nan a ra naxan fama sigareti minfe, bere minfe, kafe, masinie yusife a nun e xa ecran sEmbE ra beenun xife, a nun xife lanpui xungbe kui (a gbeli gbeli nan a ra. a lanma a xa findi fe fangnira a man fan sade banxi kui. KOntOfili a nun tOrOxE birin findixi fe nan na naxan a niyama a xa mini a kui. Tablette xa na mu a ra 0.5 mg han 5 mg, xa na mu 2-5 mg waxati naxan mu dangi miniti fu ra, barima a walima a fangni ra waxati dunke kui. gnErE kui a nun gnErE kui, a nun dimEdi furema a nun dunxuie (1-5 mg dimEdie bE a gbo a man xOnE ra bama) a nun xife waxati xOrOxOE kui, barima a xife waxati xurun ma, a nun dimEdie kui xife mu na, a falaxi Mayo Clinic xa yi luti ma.

Naxee na "melatonin" kui a nun a xa xurun gni nO ma gbilen de a ra: (Fromage barima a findixi tryptophan nan na, naxan mu lanxi mixi gbegbe xa danxaniya ma a xiye kobie ra bama!! - Champignons - Cherries - Legumes alo lentilles a nun yExE - yExE, a gbengben gni saumon, ton a nun halibut, naxan Omega 3 gbo).- Pistache - moutarde sansi fixE a nun gbeli - cranberries - banana, naxan na potassium nun tryptophan kui - sansi birin naxan na magnesium kui, alo magnesium. tenge, sEgE, a nun basmati - fenugreek - tOxE - tOxE nun tOxE - rEsin - sunflower sansi - pumpkin nun sesame sansi).

Melatonin xa fe kobie nan yi ki (xun xOnE - xaxili xOnE, xi xOnE, xaxilitareya a nun xaxilitareya, birafe - bOgnE xOnE - xiye kobie - furi xOnE xa na mu furi xOnE - furi xOnE - donse xOnE)... Na kui, i lan ma i naxa woto ragife wo na it.. Wo lan ma wo xa wo yEtE ra gbata a nun seri gbEtEe ra alo (fure naxan wuli ra bama alo warfarin, naxan wuli ra mini ma - di barife ra, naxan melatonin xun masama dangi a lanma ra - immunosuppressants alo steroids - wuli sEmbE a nun furema furema).

Fe xOrOxOE naxan na furema nun wurie tagi, sugandife e tagi, a nun keren singe safe boore bE, na nan a ra a kelixi marasi nan ma mixie tagi, a mu lanma a xa findi marasi ra naxan fatanxi furema ra, a nun yi nan findixi furema ra a nun fe kobi ra. Naxan walima mixi keren bE a mu fan mixi gbEtE bE. Na kui wo ratu, xa wo wama wo boree xa marasi ramE fe wo xa marasi nde mato a nun wo xa a tongo dOktEre xa marasi mu na naxan ma. Archimedes" "Eureka, na nan na ki n bara a to." Na waxati nan a ra a nu na a yEtE maxafe a ye naxan nu na a kui a nu lanxi fate naxan nu na ye bun ma, na xanbi a naxa nO Syracuse mangE xa fe yaba de naxan nu na " mangEya" naxan yailan xi gbeti ma, kOnO a naxa siikE a xa tinxin gni ma. Na gbeti matie " wure gbeeli" nan yusima a kui "xErE" nan a ra naxan fixi a ma. ye gbegbe, na xanbi a naxa a sa ye xunxure ra naxan fatanxi xErE ra naxan nu lanxi xErE xasabi ma mangE nu naxan fixi xEma ra ala ko a xa mangEya yailan. a nu laxi a ra xErEma xa wule ma naxan nu bara a xaxili lOE. A findixi science nan na, naxan misalixi mixie ra na xan e xaxili tixi fe nde ma, xa na mu a ra e wama natE tongofe. yi marasi ma a nun naxan sEmbE gbo a nun naxan sEmbE gbo.

Episode suli

Di barife findixi makanta nan na wo xa di bE

DiyOrE di barife xaxili nu na a ra bOxi forie kui, mixi yo mu nu a ma gnOxun ma a nun kira yo mu nu na naxan nu na a kui... KOnO nde nan yi wali ra bama?!... Yi fe nan nu na a ra!... GinEe mangEe, mixi xungbee xa ginEe, mangE ginEe, a nun denbaya forie xa die soge tede a nun sogegorode e mu tinxi na wali rabade e yEtE ra, e naxa e yEtE sa ginEe nan xOn ma, e naxa sariyE xungbe sa e yi ra e xa diyOrE sugandi. dOktEree, a nun: dOktOree xa fate ma sElExun ala ko xignE gbegbe xa mini a nun a xa sOtO, a nun man mixi yEtE xa sEnE ra naxan findixi fe singe ra.

Na mu ginE ndee ratangama e xa tOrOma xignE fure ma barima e mu baloe sOtOxi (donse naxan di bari ma: fenugreek - caraway - fennel, a mu dangi a ra barima a di xa nervous system ma - orge - oats - whole grains - sansi xOri a nun sOsi - lin nun sesame sansi - levure - Donse naxan na proteine ra) xa na mu fure nde (naxan mu lanma di barife ma: alcoolism - fure naxan na T-lymphocyte virus singe ra xa na mu a firin de ra - chimiothérapie nun radiation rabafe kansEri fure kui - fure naxan fatanxi adamadi xa immunodeficience virus ra a nun galactosemia) naxan a niyaxi a xa findi sugandi ra Di barife tide na, xa na mu diyOrE fama nE faxade, a nun taruxu misali gbegbe na yi fe ma, a gbengben gni taa kui.

N nu n baba maxOrin ma tEmui gbegbe a xa xanunteya xungbe ma moxo xa coptic ngaxakerenyie tagi, a xa yabi nu na a ra e nu rafanxi a ma a dimEdi tEmui, tEmui ginE nde naxan xili sarah (a xili saxi “Umm Hasaballah”) kelife Kafr Nawar a nu a ma diyOrE ma a mu sare fima, barima a nga xa santeya mu nu tinma a xa di bari.

KOnO waxati dangi fe ra... a nun lOn ni wali xa gbo sogegorode... fe gbEtE fenfe fOlO nE ginEe xa di barife ra barima e xa di bari sare xungbe nan a ra a nun e xa wali sare nan na e xa kObiri kui setare ndee a nun mixi tagi, xa na mu ginEe xa minife na wali mOdEli nde kui... na nan a ra e ma gnErE fOlO xi nE ningee nun yExE xignE nan ma, xa na mu sansi xOri nun farin ma

sumbuxi a nun a fife diyOrEe ma. di barife...kOnO yi marasi birin mu nOxunxi a fangni ra barima fe gbegbe nan nu na.

XignE nEnE nu xanin ma kelife taa xunxuree ma sigafe ra taa xungbee ma kunkui kui a nun tEran kira ra, na nan nu a niyama ningee xa e yEtE xanin kunkui kui (barima kira yo mu nu na naxan nu nOma xignE ragatade a nun a xa gningi nun a xOrOxOE mu masarama), naxan a e raso fure wuyaxi nan ma barima waxati masarama a nun e mu e yEtE ra gbata, na nan a niyEma a xa xignE rawali ma, naxan a niyama a xa faxa a nun fure naxan fatanxi a ra a xa siga dimEdie ma.. A nu lanma a xa raba. kira fenfe xignE ragatade han ameriki lOnni “Gill Borden” naxa xignE xunxuri rafala a naxa a xa patente sOtO 1856 AD a naxa usine rabi yi xignE mOdEli ra hali a to findixi xignE fangni nan na. tE nan a ra a nun a ragataxi waxati xOn gbe ra, a fangni ra, a mu nu ratangaxi bakterie xa fe ma a gbegben gni ra. Na kui, fransE xaran mixi “Louis Pasteur” naxan toxi 1863 AD kui “pasteurization” nan a ra. kiraya, naxan findixi kiraya ra naxan bactérie kobie faxama donse kui, a findixi fe keren nan na naxan tide na xignE yalan fe kui... Siwilisasiyon wuyaxi xa kolon gni malanfe fan findixi fe fangni nan na naxan xili freeze-dried (refrigeration or lyophilization), naxan nu kolon xi andean sivilizasione ra (mixie nun naamunyie malanxi naxan nu na kolombi bOxi ma han atacama gbengberenyi ma) a nun pOmEtE ragatafe naxan xili “chuno” a nun mangE kublai khan waxati, mongole. sOree nu a kolon xignE xarafe ra soge bun ma waxati xOn gbegbe han a xa xOrOxO, a xa sEmbE, a man xa findi xOrOxOE ra. "Dershov" nan nO ma xignE singe rafalade 1832 AD, na xanbi fransE naxa kata xignE xunxure rafalade 1909 AD han a sa a li a yi ki. 1884 AD kui, gnErE xOrOxOE nan a ra, a xOrOxO, a man findixi bElExE nan na, naxan kui lOnnilae nO ma kelife sogegorode a nun sogegorode, e naxa dimEdi wulu wulu ratanga faxE ma. xa di barife mu nOma rabade a nun diyOrE di barife xurun gni, a gbengben gni ra gere waxati, kaamE waxati, a nun gere waxati.

DuniE gere firin de dangi xanbi, xignE yalan xi naxa siga duniE yire birin, a rabilin xi propagande xungbe ra naxan a yalan ma xignE yalan fe ma, naxan dimEdi ma sOtOxi a nun a fangni naxan mu na a nga xa xignE kui .A man

findixi siwilisasiyon mOdEli nan na naxan lanxi sosiete nEnE ma, mOdEli xaxili, a nun ginE walikE misali.

A mu findixi propagande gbansan xa ra naxan a masenxi a xignE yalan xi dangi xignE ra, kOnO a man findixi marasi kobi nan na mixee naxan fima, alo diyOrE mu tinxi a nga xa diyOrE ra a fOlOde A mu tinma a xa di xignE so a yi ra barima a findixi fe kobi nan na, naxan findixi fe kobi ra. Di singe nun di firin de tagi rasa mu na yi fe kui. Yi fe birin fatanxi xaran gni nan na a nun xaxili sOtO fe ra dOktEre mali ra a nun a ra yabuxi ra. A man findixi marasi kobi nan na di bari xanbi ra. DimEdi banxi, a makuya a nga ra ala ko a xa a ra limaniya xa na mu a ra barima a na fure dandan fe nan kui a nun a na birafe a fOxOra. Yi yire, a xOnO, fe kobi nde na naxan mu xurun a singe ra, barima duniE xa yalan gni banxi xa raporti a masenxi nE a lan ma di barife fOlO kelife. di bari waxati singe, a nun waxati firin mamEtE di barixi xa faxE xun masama nE a saxan nde ra, naxan xun masama waxati dangi xanbi... Na nan a ra barima di bari waxati singe kui a nafuli xOrOxOE nan sOtO ma a nga yi ra. xignE, naxan findixi xignE xignE ra xa na mu xignE xignE (ye xOrOxOE naxan minixi di bari xanbi ra a xurun), naxan diyOrE sEmbE fima barima a na proteine gbegbe nan kui, a gbengben gni “lactoferrin” a nun baloe, naxan a fate makantama kelife fure ma a xa simaya birin kui, naxan a ma senxi a xa fe fangni nan na dimEdi faxafe ra, alo moxo a falaxi ki naxE yi naafuli kanafe di barixi ma a luxi alo a xa furema singe kanafe furema sEmbE ra naxan a sEmbE fima a nun a xa sEmbE ra. a xa fure dandan fe, na nan a ra yi waxati singe nan a ra xa na mu lOxE singe nan a ra naxan tide na, a tide na a nun a tide na diyOrE bE, naxan findixi furema banxi ndee ra e nun xignE yalan xie ra ala ko di barixi xignE yalan xi ra naxan na incubateur kui, na xanbi e naxa a yEtE ratanga. DiyOrE xignE, naxan ma lanma a xa findi xignE ra a nun a xa gningi ra a nun a gaxu ma a mu findima baloe ra di bE a nun a mu rafema diyOrE bE. a saxi asid gras omega-3 nan fari naxan tide na xaxili ra a nun a fate ma sElExun. A man saxi vitamin D gbegbe nan fari, naxan xOri yalan ma a nun gnErE ma, a nun wure naxan hemoglobine yalan ma (wo a kolon a furi fure nan fima) a nun man. Di bari xignE kui, yi masen gni lanma a xa findi tinxin gni ra, kOnO a mu na a yire, barima di bari xignE wuyaxi nan xun

masama waxati ma a nun diyOrE xayi naxan na a xa mO tEmui, a nun a kui see fan masarama nE a yEtE ra a nun manE ra , na nan a ra mixi ndee a xili falama “ye naxan baloxi.” a toxi nE xignE kui waxati dangi xanbi a nun a xa baloe fOlO ki ma a lan ma a xa donse don kike senni dangi xanbi. KOnO, beenun na xa raba, a nga xa xignE gbansan nan a ra a man a xa hayi ra bama. Na kui, a lanma won xa won yEtE mato a fanyi ra. A nun dOktEre xa marasi naxan na.

A fatanxi fe xOn na fen gni naxan nabaxi yi waxati, di xignE xignE nan fisa xignE yalan xi ra - fo a nga na fure nde kui naxan mu tinma di barife ra - barima di xignE xa munafanyi keren nan a ra a alergie nun infectione ra xurun ma (asthma) a nun eczema) a nun fure xungbe a nun diabEtE 2, a nun diyOrE faxafe (SIDS) A man walima ala ko a xa hormone xun masa "oxytocin (GrEki xui nan a ra di barife mafuren, naxan findixi a xa walie ra)" naxan na a kui. a findixi fe nan na naxan a niyEma, kinikini a nun xanunteya naxan na nga nun a xa di barixi tagi. waxati naxan xili alarm clock, naxan di bari xignE ra mini ma ala ko a xa diyOrE xa wa ma sOtO a mu buxi. DimEdi xa furi tife a nun wurie yayilan fe. Fure kira, naxan a makantama fure ma a dimEdi tEmui, a nun a xa wali ra xaxili rayiriwafe ra, a nun a xa wali. na nan a ra xignE naxan yalan xi a lan ma a xa gbilen yi se ra, naxan findixi fe xOrOxOE ra kabi gnE wuyaxi barima a sEmbE xOrOxO nan a ra, na nan a ra kompanie nu na a masarama ture ra naxan fatanxi wurie ra han ya.

A tide na a kolon fe ra a xignE xignE kui kolesteroli gbo xignE gbEtE ra, naxan minixi kolesteroli wuyaxi nan na dimEdie xa furi kui, naxee xignE xignE don ma e xa simaya kike senni singe bun ma, naxan a nun xaxili xa yiriwE a nun yalan gni a nun di barixie xa xaxili nun e xa xaxili sEmbE xunmasafe, a nun man a nun a fate ma sEmbE xunmasafe ra waxati dangixi kui, naxan a niyEma a fate kui sEmbE xunmasafe ra waxati dangixi. duniE. DimEdi xa munafanyi fama nE sOtOde a xa fonikeya kui a nun a xa fonikeya kui. Yi yire, fe fangni gbEtE naxan na xignE ra naxan na xignE kui, a man minixi a ra a yayilan tEmui a nun a rafelen tEmui, kadaverine xa metaboliki xun masama, naxan, hali a to na dimEdie yi ra, a mu lanma a lan ma a xa

dangi yi tOnxO ma a nun a xa malan gni ala ko a xa toxisite sOtO naxan ma gaxui tina.

Na birin kui, moxo na masen gni xungbe nan na naxan fatanxi yi buki xili ra, naxan a masenxi a di bari xignE singe nan a ra a fangni ra a nun a tide na wo xa di xa santeya bE fo xa a findi furema xOrOxOE ra naxan a niyama wo xa di xignE xOrOxOE yusi .

Episode senni

Obesity nan findixi fe xungbe ra

A singe ra, moxo nu a ma gnOxun xi nE a xOrOxOE xunxure nan a ra a nun a findixi gere nan na naxan nu lanma a xa sEmbE so a ma a nun a xunxure...kOnO yi waxati fe bara yi equation masara a nun science xa naafuli xun masafe kelife science xa fe ma. xarangni, a bara mini a ma senxi a yi fe dangi mixi waxOn gni ra a nun a xungbe nan a ra naxan fatanxi fe nde ra alo mixi xa sEmbE, wali a nun xaran gni, a nun a rabilinyi. kOntOfili wali sOtOxi ma, a nun e na sOtOxi tEmui na xan ma, e wali ra bama e kanyie bE naxan mu malabui waxati tongo ma naxan nOma sade fate ma xOrOxOE ra xa na mu bere ra, a nun man, wali sare xurun gni. yi yire kobie kui a masenxi nE a... fe xOrOxOE nan a ra donse mOli wuyaxi fife ra.

Xaxili fe fan mu nOma lude a kui xa i na wOyEn fe xungbe xa fe ma, misali ra, dimEdi xungbe tOrO fe e ra yaagi ma, a nun man e bE e yEtE ra gatafe ra naxan a niyEma e xa donse gbegbe don a nun e xa e fate xun masa. e yae.

Na kui, mixi birin mu lanma e xa e xa fure xunmasa. Mixi gbegbe naxee na e xa fure xunmasafe rafan e ma, a nun fe matoe ndee na fe tagi rabama e xa sokola, pOm d tEr, banana, a nun ye xOrOxOE donfe ra, naxan hormone xun masama. serotonin," naxan xili sEwa hormone, naxan e rayensen ma sEwa, sEwa, a nun bOgnE xungbe ra. A e ra limaniya ma e naxa e yEtE ra gbata, a nun yi fe bara findi fe gbegbe ra naxan mixi gbegbe ra sEwa xi. ginE nun xamE xungbe nan e ra.

Mixi xili kangni nan a ra naxan fatanxi fure xungbe ra na nan xili Henri VIII, Angleterre nun Irlandi mangE, na xan nun Rome xa gere naxa a niya Angleterre diinE xa fatan a nun a nga Katoliki diinE ra. A nu na gnE tongo suli a nun suli nan ma 1547 AD...a nun Misira politiki yire: "Ahmed Zyur Pasha," mangE singe nan a ra naxan Saad Zaghloul Pasha xa wali sOtOxi Serdar fe dangi xanbi 1924 AD. waxati mu nu na ascenseur ra, na nan a toxi a nu xOrOxO a bE a xa te eskalie ma, han a to so a dOxOde, a naxa a yEtE sa a xa wuri ma a naxa a fOlO a furi rafelen mafuren a xa taganfe ma a nun a

xa... Na nan a ra Ascenseur tixi, alo a nu darixi a ra ki naxɛ, a xa gboe xa fe ra, a xa siga mangɛya yire kɔɛ ra, han walikɛ xungbee naxa a kolon a e sigafe kɔɛ ra. gEgEn ma a nu na kOnO ma, kOnO a xa xili naxa yaabi walikE xunxure keren nan ma. A naxa a maxOrin a xa mangEe xa fe ra, kOnO a naxa kaaba barima e mu fa. , a naxa keli a xOnE ra, a fa a fala a tan fan mu fama sigade!!... A naxa bira sariyE fOxOra, a nun lupin, ala ko a xa yi fure dandan. wuri xungbe bun ma, a nun a xa waxati dangi lupine xa “Qazza” kui, na xanbi a naxa xi a yae rafexi ra a mu gaxu mixi yo xa a rabilin (Monday and World magazine archives in the 1940s). .

Nɔndi nan a ra, na donse naxan fixi Pasha ma, kelife lɔnnilae ma, a mu fe ɲaaxi yo rabama. Zinc - 90 mg magnesium with low calories and 198 grass), naxan a niyama mixi xa a yEtE rafelen waxati xOn gbegbe bun ma, a donse xOrOxOE ra xurun ma, a fate xOrOxOE ra xurun ma, a triglycérides xasabi xun masama, a fate sEmbE xun masama, a man fate sEmbE xun masama. alo a lanma a xa raba ki naxE a fangni ra. a nun furi.

Mixie xa marasi fangni nan a ra kumin (a lanma 500-1000 mg lOxOE birin) yogurt kui xa na mu limon nun ginger sanmaya saxan lOxOE birin.

Barima fure xungbe mu nOma falade fure nEnE ra - alo moxo nu a xili falama ki nE singe ra, barima a mu fatanxi donse yalan xie ra a nun duniE ra naxan mafura - fure bara waxati gbegbe tongo a nun fure dandan fe wuyaxi taruxu kui, alo (amphetamines - fenfluramine, phentermine - the hormone leptin - the herb ephedra - sibutramine - Orlistat to take its time and gradually faded away, either because of serious side effects or due doubts on its theories or the modest results...

Won bara fa yi waxati fure dandan fe ra, a nun fure fangni nan a ra fure dandan fe ra naxan na yi tE nan kui, a nun lOnni mixee laxi e ra a sare ma a nun a usi mafura: orforglipron nun danuglipron, naxan findixi se xunxure ra naxan fima mixi dE ra a nun a kelixi glucagon-like peptide-1 receptor agonists (GLP-1) nan kui, naxan xili GLP-1 analogues, GLP-1DAs xa na mu therapeutic incretin mimetics, naxan a niyama a xa wali.

GLP-1 sOtOxi. E na peptide hormone misalife alo glucagon. Xa wo wuli kui sukari wuyaxi te donse don xanbi, na furema fate ma sEmbE soma nE ala ko wo xa insuline gbegbe ra mini, naxan wuli kui suxuri xurun ma.

A man incretin hormone xa wali nan ma senxi, naxan minixi furi kui donse don xanbi, naxan walima donse xa dangi furi kui kelife furi kui sigafe furi xunxuri kui, na nan a niyama furi xa rafelen mafuren, a man fama nE donse donfe a nun a fate rafelen fe ra a nun a xa wali fangni ra naxan a niyEma sukari ra xurun fe ra mixie bE naxee na diabEtE 2 ra... kOnO fe xOn na fegnife yi fure dandan fe ma.

Xuruse mu a niya Kabila xa a xunya Habila fure nOxun a faxa xanbi?! 0 Na kui, dalise gbEtEe bara mixie ra limaniya e man bara mixi mali kira fangni ma, hali yi furema nEnE naxan ma moxo na walife naxan ma. Mexique, naxan xili Gila monster xa na mu Heloderma suspectum, a na hormone nan kui naxan a raminima a kerenyi ra. a nun a na walife fate kui. E a xili sa Exendin-4 a nun a tinxi nE a xa findi seri ra furemae bE naxan na diabEtE 2 fure ma. wo xa wo maso yire xungbe ra naxan nO ma fure dandan de a nun a bore, fure xungbe.

GLP-1 agonistee ya ma naxee bara so wali kui, se nan na naxan xili gbo yi waxati, “Semaglutide,” naxan xili “Ozambik,” naxan xili “Ozambik,” naxan walima a singe ra diabɛti 2 fure dandanfe ra, a nun fure xungbe fure dandan fe ra a dangi xanbi yi waxati, kOnO, a lan ma a xa kolon a a yusife lan ma a xa raba dOktEree xa yaamari bun ma, a gbengben gnira fe xOn na fegni nde naxan a yusife nun dunxui nde ra naxan mu toma, naxan xili non-arteritic anterior ischemic optic neuropathy, a nun a bore gbEtE. tOnxOma, alo tiroyide fure, pancreatite, a nun furi fure a nun furi fure.

Fe xOn na fegni gbEtE ma naxan xili Retatrutide, a xa sEmbE saxan dangi a boree ra, barima a walima ala ko a xa mixi saxan sEmbE so: (glucose-dependent insulinotropic polypeptide (GIP), glucagon-like peptide 1 (GLP-1), in a nun glucagon récepteurs).

Yi yire maxOrin nde nan minixi n ma xaxili ma: Nature ressources mu nOma yi fe ra bama a nun manE nde ra bama yi kira ra a nun yi kira ra?

Fibre naxan na donse kui a findixi sEmbE singe nan na bakterie bE naxan na won furi kui. Xaran gni naxan nabaxi xuruse ma, a toxi nE a fibre naxan na “beta glucan” kui, naxan na legumes, orge, oat, champignons, a nun algues, a nO ma. wo xa wuli kui sukEri xun masa a nun wo xa wo fate ma goro lleibacterium wuyaxi ra, naxan findixi... Bactérie fangni naxan na furi kui, naxan a niyEma Butyrate xasabi xun masa fe furi kui naxan fatanxi fibre kanafe ra. Butyrate, a fan, a GLP-1 nan ra mini ma, naxan donse donfe ra yamarima, a fate ma xOrOxOE, a nun a fate ma suxufe ra, a nun man a fate xa sEmbE xun masama nE ala ko a xa findi se gbEtE ra won naxan falaxi a singe ra. a toma farmasi kui kapsul ki ma barima a findixi fibre nan na naxan mu kanama naxan fatanxi levure seeli ra...

Won na fafe seeli kira nan ma naxan nO ma findi de yire ra naxan fama findi de fure xungbe xa fe ra a nun fure dandan fe ra, a nun a fatanxi fure xungbe xa fe nan na, naxan findixi kalorie wuyaxi ra, wuli kui sukEri wuyaxi ra, xa na mu simaya, Advanced glycation End Products, xa na mu Advanced Glycation End Products, xa na mu a ra a kolon xi a xurunxi ra, AGEs, na nan na ki e yEtE ma sOtOxi adipose tissue nan kui barima e xa receptors (RAGE) na e fari, hali. diabEti mu na. yi fure dandan gni kirayae tina...

Episode solofere

Kafe na yire gbEtE

Ɲama xa ɲinnɛ naxan na gɛɛsɛgɛ, a mixi xixie rakelima nɛ, a man mixie raxaranma... a man mixi bɔɲɛ raxarama nɛ, a man mixi raxaranma nɛ a nun a xa ye minfe ra, wo laxi naxan na a mu ɲɔnma abadan...

Won se gbEtE sOtOxi fo kafe, yi masen gni xungbe nan a ra?!! ..

Yi xanunteya birin naxan malanxi bOgnE sEmbE ra, "kafe", a bara a niya duniE birin xa lOxE keren sa a bE utu kike singe ma, mixee lanma e xa kafe mOdEli masen e wama naxan xOn, waxati naxan ma e bOgnE a ra, a nun salie naxee e raso ma a kui.

Ameriki sEbEli ti Thomas Stearns Eliot, na xan Nobel Prize sOtOxi 1948 kui, a naxElE a xa fe ra: "N n ma simaya tongoxi kafe sEti nan na. a xa santeya fe xOrOxOE nan a ra. Won na fransE sEbEli ti Honoré de Balzac nan ma. A naxa kafe kObiri tongo suli min, barima na nan findixi sEmbE xungbe ra naxan a mali a xa a yEtE ratanga doni ma naxan nu a rabilinxi yire birin. A nu xife kOE ra, a nu a xa waxati birin tongo ma sEbEli ra kelife nunmare waxati keren ma han gEgEn ma waxati solo masaxan, a nu falama a a faxa kafe nan ma gnE wulu kEmE solomasaxan a nun suli. gnE keren nan nu a ra a nun a xa kafe fe ma a nun fransE xaxilima François-Marie Arouet, na xan xili Voltaire, na xan kafe kObiri tongo nani min lOxOE birin a nun sokola ala ko a xa a xa xOnE kana, kOnO a nu bara sEwa a to faxa Ɲɛ 1778 AD a xa simaya nu bara siga ɲɛ tongo solomasaxan nun saxan. Kopi ra fangni!!

Ɲɛɲɛnɲi, xaxili rawali, xaxili rawali, xaxili rawali, nun xaxili rawali mu findixi fe fanyi ra naxan a niyama mixi xa kafe gbegbe min. forie, naxan lanxi kafe kObiri naani nan na, xa a sa li a xasabi mu dangi 200 mg ra minse keren kui. espresso” kafe, misali ra, a na 250 mg nun 600 mg nun 700 mg tagi, a nun enerji minse nde kui a na 500 mg nun 600 mg nan ma. 200 mg lOxE keren ma gaxui ra preeclampsia, di bari fure, a nun di barife, barima kafeine mafuren mafuren di barife ra. A fan dimEdie bE e naxa kafe min.

Fe xOrOxOE nde nan a ra kafe minfe waxati fangni nan a ra, kOnO a mu findixi sEriyE ra. Marasi nan ya wo lan ma wo xa mE waxati keren nun a tagi xa na mu waxati firin beenun wo xa kafe singe min. , a nun kOpi dOnxE naxan lanma a xa raba waxati solo masaxan a nun miniti tongo nani a nun solo masaxan beenun wo xa xi ala ko a xa lOxE.

Kafe gbegbe xa fe kobie a masenxi nE a findixi fe nan na naxan mu lanma a xa raba a nun mixi naxan na xiye kui. kafein xa nO ma wuli gnErE xun masade xaxili ma - xife mu nOma a nun xide mu nOma - kOntOfili - bOgnE xOnE - xOnE tEmui birin... A fangni ra, yi tOnxOma nde nan a ra naxan kafein minfe ra xurun ma. Taganfe, xaxili tife xOrOxOE, a nun xun xOnE, na xanbi e lOE ma mafuren a nun fe birin fama nE lOxE wuyaxi dangi xanbi.

Fe keren naxan lan ma a xa ra gnErE a nun a xa tongo a fangnira a nun a xa sEmbE so kafe ma furemee ma naxee na diabEtE 2 fure ma. nde a minma wo bara diabEtE 2 sOtO?!!.. Yi yire xarangni ndee na e bore tagi. insuline ma) barima kafeine xa fe kobi nan a ra xife ma, a nun na maniEe. Xife mu na a niyama insuline xa xOrOxOE xa xurun. A man stress hormone “adrenaline” xun masama, na nan a niyama fate mu insuline raminima han a fate hayi na naxan ma. . Xali fe xOn na fegni nde a ma senxi a kafeine xa fe xOrOxOE na wuli kui a lOxE ma nE a fate xa kafe minfe ra lOxOE birin n laxi a ra a lanlanteya nun yEtE kan nan tide na na fe mOdEli kui.

Mixi naxee xa wuli xOrOxOE, kafe pOti firin xa na mu a ra a wuyaxi minfe e ra tima nE a fangnira e xa e yEtE min pOti keren nan na, xarangni ndee a ma senxi nE. a xa wali wuli xurun fe ma.

A tide na a ra wo xa a kolon a kafe mu fan wo xa siga yire makuye, wo xa banxi mu na yire ndee, barima kafe nO ma “xaxili sOtOde” xun masade barima a furi xa wali ra sEmbE so ma. barima kafe nO ma gastrin hormone raminide furi kui. Na nan a masenxi kafe xa wali na furi kui a nun furi kui.

Won faxi maxOrin gni xungbe nan ma: Kafe naxan mu na kafeine kui a nO ma kafe gbEtE masarade a man nO ma a xa fe kobie ra xurun de fure xOnE ma?!

N ma xaxili ma, kafe minfe naxan mu na kafeine kui xa na mu kafeine mu na naxan kui (naxan kafeine mu dangi 0.3% ra) alo kafe minfe tE naxan mu na kafeine kui a gbegbera ture gbegbe nan na naxan kolestroli xun masama. naxan na donfe a gbengben gni, a nO ma findi de bOgnE fure ra, alo kafe singe, naxan antioxydants na a kui naxan mixi makantama bOgnE fure ma.).

Episode solomasaxan nde

Wo wo ma kanta... fure nEnE na wo dOxO ma

Fe fangni nan a ra naxan adamee nun xurusee malanxi waxati wuyaxi ma. Na dOnxE nan findixi adamadie xa kelide ra, mixi ndee a falama, a findixi ɲaxankatE nan na waxati fori kui, a findixi xili nan na mangE ndee bE. mixie, a nun man kira naxan fure rayensen ma singe nun to tagi, a nun tina.

AngilE xaxilima "Charles Robert Darwin" xa xaxili naxan fatanxi dalisee ra, a mixi kelixi xuruse nan ma, a nu bara siga sigafe ra ɲama tagi. "Homo sapiens" nun ape, e kelixi benbae nan ma barima e xa fate nun e xa ADN lanxi e bore tagi (adamadie nun chimpanzee) dangi 90% ra.

Na waxati ma xuruse nu na a kui alo ɲaxankatE, a gbegbe na, misali ra Fatimid waxati, xuruse nu na a kui alo mixi xili kanafe a nun mixi tOrO fe naxan xili falama yagi. Damasi mangE, "Munir al-Khadim al-Saqlabi," na xan nu bara bOxO, a naxa a gi geyae ma, a naxa bira arabu bore yi ra na xan a soxi a yaxuie yi ra, turki mangE mangotkin" kiiti banxi kui. Fatimid kalifa "Al-Aziz Billah Nizar bin Ma'ad bin Ismail", a xa xOrOxOE nan ma, na nan a ra a naxa a ɲaxankata a xa sEbEli ma a naxan sEbE Bagdad mangE bE a nun Aleppo mangE ra a falafe ra a nu na soe fari yEtE fari a nun xuruse naxan a bOxOma, gnE wulu solomanaani a nun solomanaani (992) AH, a nun a bore kEmE mixi kEmE nan nu na a ra e nu na yEtE fari e nu na e xun ma taratir, e naxa e xanin Damasi, na xanbi Baalbek, e naxa e xanin. a nun a dOxO de misira. A ra yabuxi nan a ra al-aziz naxan na ala kui a naxa diɲɛ a ma na dangi xanbi...” Abu Yazid bin Kaydad Al-Yafrani Al-Nakari Al-Khariji, “sofale kanyi xa na mu a ra sofale ragima naxa tOrOxE gbegbe sOtO yi fe kobi ma ɲaxankatE ki, a nun a naxa fatimidie gere afiriki bOxi ma a xa mangEya kui. ”, e xa taa xungbe beenun e xa so cairo. A naxa siga han gnE fu nun saxan, a nu wama Umayyad nun a xa Berber mixie malife han a naxa bOxO a nun a xa gere naxa kana a nun a mu nO na raxande, a naxa bira Ismail xa sEmbE bun ma. bin Muhammad bin Ubaidullah, na xan xili saxi Al-Mansour Nasrallah, a naxa ɲaxankata a fate ma sElExun ki ma a fate ma sElExun a

fate ma sElExun, xa na mu a ra sExE, na xanbi a naxa sExE firin lu a fate ma a nun a xa xunxure kana!! ..

Mamelukee xa duniE kui, mixi ndee nu na na xan nu xili saxi xuruse, alo Mustafa Bey Jahin, naxan nu xili falama xuruse (Al-Jabarti xa taruxu kui, a kelixi Al-Qasimiyah nan ma a man nu xili Mustafa Kashif, a nun Arabue nu gaxu ma a ya ra fo a nu bara xamE rafelen khashut ra, naxan findixi turki-perise xui ra, naxan ma senxi gere se nan na alo wuri nun sanjakiya (naxan a masenxi a a findixi taa xungbe xunmati nan na. A flag holder) naxan dome xili kangni ti Ottoman mangE Muhammad Amin Pasha xa waxati 1753 AD a nun a na Imam Al-Shafi'i; kanEli xunxuri; Al-Khalifa taa kui naxan na cairo taa kui a sEbExi nE alo monument a man bara kana yi waxati. a findi xi nE a xa lan boreya ra naxan na dalise firin tagi. Naxan tide na e bE e lan ma e xa lan e bore ma kEmE tongo suli dangixi.

Xunxure fan nu falaxi islama xa taruxu kui, Husayn bin Abdul Rahman al-Sulami naxa a masen Abu Abdullah Amr bin Maymun al-Awdi al-Kufi xa yaamari bun ma, naxan a fala: beenun Islam xa waxati, n naxa a to. ɲinnɛ, nun ɲinnɛe xa malanyi nde naxa e malan a rabilinyi. Bukhari nun a xa lanlanteya yi taruxu ma, n tan nun mixi nde moxo yi hadisi xa tinxin gni ma tOxOxi.

Yi waxati, a nun xaxilimae xa fe xOn na fegni, a bara kolon a xuruse findixi fure rayiriwade nan na, a nun "simian herpes B virus", naxan na xuruse macaque kui, a nun malaria mOli ndee a xurun , kOnO xarangni ndee a falama a sida fure, xa na mu adamadie xa immunodeficiency virus, a nO ma findi de a bore ra naxan fatanxi xurusee ra, SIV, xa na mu immunodeficiency virus naxan sOtOxi xurusee kui, a nun a nO ma findi de a singe ra. adamadie saabui ra naxee nu bara fure sOtO e nu na chimpanzEe nun xurusee faxafe.

Monkeypox xa na mu Mpox fure nan a ra naxan mu mixi faxama a nun a xa tOnxOma mu xOrOxO a nun a xa tOnxO ma a nun a xa tOnxO ma. A na zoonotic Orthopoxviruses nan kui. , kOnO xOrOxOE nan e ra bama, hali a to mu nOma kolon de a xili ma monkeypox barima a singe toxi Danemark nan ma 1958 AD kui. a kelixi dalise fure nan ma a siga adamadie ma a man siga

ma sEmbE ra afiriki sogegorode nun a tagi. Mixi singe fure naxan sOtOxi a singe ra 1970 AD, dimEdi nan ma naxan xa simaya mu dangi gnE solofere xa na mu gnE solomanaani. Zaire (yakOsi Kongo Demokratik Republique), a fure sOtOxi adamadie tagi sube xa na mu mixi furema nan ma, a so fate ma a nun a fate ma (a yae, a dE, a nun a xOnE) a nun a fate ma. Mayo Clinic xa yi luti ma, fure naxan na mixie tagi, a fatanxi mixi fate ma, a fate ma sElExun, xa na mu ye naxan minixi furema fate kui, xa na mu a ra dugi, dugi, dugi, xa na mu dugi naxan e lixi, xa na mu a ra a nun ginE nun xamE masen gni alo mixi suxufe a nun sunbufe, xa na mu kelife di barife ma a xa di barife ma, xa na mu a ra a tofe ra waxati xOn gbegbe ma naxan dangi waxati nani ra secretions nun respiratory droplets, yatagi a yatagi a nun respiratory droplets xungbe saabui ra, a to nu na. A kelixi sube furema nan ma a siga adamee ma sube furema sOnOya ra xa na mu a ra sOnOya ra, a fate ma sElExun a nun ye naxan minima e kui, sube furema wuli donfe ra, xa na mu a ra a sube donfe ra naxan mu ganxi a fangni ra. kelife sube fure ma.

Waxati naxan na fure sOtOxi tagi (fure) a nun fure tOnxOma fOlOde (fure tOxOxi waxati) a kelixi xi saxan han xi fu nun solofere, xi senni han xi fu nun saxan, xi fu nun senni, xa na mu lOxE suuli han mOxOyEn nun keren. fure, a nun fate ma sElExun lOxE keren xa na mu lOxun naani fure dangi xanbi (95% yatagi ma waxati n de ma a nun 75% bElExE ma a nun sEngni ma waxati gbEtE, xa na mu a fOlOma yatagi ma a xOrOxOE ra. a rafala a man fa siga e ma a fa findi ye ra xa na mu yire gbeli ra a nun pustule rayensenxi naxan kui pus xa na mu pus na fate yire gbEtE a fa findi crusts ra. dEdE xa na mu xOnE, naxan findixi tOnxOma ra naxan ma senxi - xun xOnE xungbe - lymph nodes xungbe a nun a xunxure, naxan findixi tOnxOma gbEtE ra - fate xOnE a nun kObiri xOnE - xinbeli - taganfe a nun sEmbEtareya, a nun na tOnxOmae buma han lOxun firin. lOxun saxan xa na mu naani.

Vaccine yo mu na naxan na monkeypox fure ma, hali mixi ndee a falama wo xa smallpox vaccine nan yusi, a gbengbenyi laboratuwari walikEe bE, barima e nOma 85% ratangade, alo ACAM2000 (naxan cowpox virus na a kui a nun a mu usima fure xOrOxOE kui fure dandan fe a nun fate fure alo eczema a nun funtui). furema (naxan na anticorps ra mixie yi naxee bara furema fure

sOtO) xa a sa li a mu nOma fure dandan de, kOnO dOktEree bara e yEtE rawali furema fure nde ma, alo Tecoformat, Tecovirimat. , xa na mu Tpoxx (dOrE sugandixi naxan p37 proteine ra kanama Orthopoxvirus xabilE kui, a nun furema, naxan findixi proteine xungbe ra virus xa mOli kui seeli kui a nun a xa encapsulation a nun a ra minife see gbEtE ma a nun fure rayiriwafe. Na kui, yi proteine ratangafe fure mu nOma kelide seeli ma naxan na fure kui, na nan a niyama a xa siga yare fate kui) a nun Brincidofovir xa na mu Tembexa (naxan findixi prodrug ra naxan fatanxi cidofovir ra naxan fatanxi ture molekile ra. Yi ture sEti a wali nan ma senxi lysophosphatidylcholine naxan na a fate kui a nun a kira nan tongo ma a nun a nO ma sode seeli kui naxan ma fura fure na a ma. fure xunxuri xa ADN rafalafe a nun man polymerase enzyme ra kantafe, na xanbi fure xa gboe bara dan a nun a xa rayiriwafe na fure firin nan ma naxan findixi furema ra.

Yi gbata xungbe dangi xanbi... wOyEn keren nan fisa wOyEn wulu ra xa a findi nOndi ra, a nun “fe ratangafe” nan a ra xa wo bara wo maso fure ra, wo wo makuya a ra, a gbengben gni ra wo nun mixi gbEtE. mixie nun dalisee, wo naxa wo bElExE see ma furema naxee ma, wo wo bElExE maxa safungni nun ye ra xa na mu alcool sanitizer, wo ye gbegbe min, xa wo furema, wo findi furemae xa masen gni ra a nun wo xa findi ambassadeur ra Wo xa wo yEtE ratanga, wo naxa wo yEtE ratanga fo wo xa wo yEtE ratanga mixi yo ma. wo bara yalan a fangni ra. Na tOnxOma nan ya: Wo fate ma sElExun a nun wo naxa wo ma xOrOxO wo xa wo yEtE ra gata a nun wo xa sosiete.

Episode solomanaani

I ninxi nan i xa soe ra

Muadh bin Jabal xa yaamari ma: (N nu na namiɲɔnmɛ nan fɛ ma, Ala xa barakɛ fi a ma, a xa bɔɲɛsa fi a ma, biyaasi kui, lɔxɔɛ nde n naxa n makɔrɛ a ra muxu nu ɲɛrɛfe tɛmui naxɛ, n naxa a fala: I tan Ala xa xɛɛra, Wo xa fe nde fala n bE naxan n na rasoma ariyan na kui a man n makuya yahannama ra. A naxa a fala n bE: I bara n maxOrin fe xungbe ma, a mafura mixi yo bE naxan na fe ra bama Ala xa barakE a bE I Ala batuma i mu fe yo rasoma i yi ra. a nun a ra, wo xa sali raba, wo xa zakat fi, wo xa ramadan sunbu, wo xa haji raba banxi kui, na xanbi a naxa a fala: n mu wo ra tima fe fangni naadEe ra. sali kOE tagi a naxElE: Na xanbi a naxa Tajafaa xaran E naxa gbilen e xa sade ma, e naxa e Marigi maxandi han e naxa a li na xanbi a naxa a fala: N mu lan ma n xa wo ra kolon fe birin xun ma, a xa sEti. a nun a xungbe? N naxa a fala: Iyo, Ala xa Mixi Sugandixi. ? Na birin? N naxa a fala: Iyo, Ala xa x sa. A naxɛ: “I nga xa i faxa, O Muadh. Fe nde na naxan mixie rasoma e yatagi xa na mu e ɲinnɛe ma yahannama fo e xa ninxie xa yele?” Na namiɲɔnmɛ xa marasi naxan na hadisi kui, a won xaninma nɛ han won xa nɔɛ xungbe sɔtɔ xui xa fe ra mixie xa duniɲɛigiri kui, a nun adamadie xa fe raɲɛrɛfe ra. fate sElExun naxan na dE kui a nun a xirixi dEndE ra fate fu nun solofere saabui ra naxan a xa gnErE nun a xa walie ra tima, a fate ma sElExun xi wulu wulu nan na (nani: filamentous, fungiform, leafy, a nun. calyx) naxan na a dOnxE ra nerve endings naxan walima alo sense of taste (four taste areas: donse xOrOxOE nan a ra naxan na ninxi singe ra a nun ningi singe saxan nde - donse xOrOxOE naxan na ninxi yire firin birin ma a xanbi na yirefanyi ma a nun yirefanyi ma - Donse xOrOxOE - a yare dOxOde nan ma ninxi yire firin birin ma a ya ra - donse xOrOxOE nan na ninxi xanbi ra, a gbengben gnira a xanbi ra (nxi dOxO de dOnxE) a nun a fari ninxi na a ra tEmui birin barima a na a rafelen ma.

Xui naxan xili kangni taruxu kui a kolon xi nE a nan na naadE xungbe ra kawandi ma a nun ma gnErE ki ma, xui nan a ra “Abu Abd al-Malik Marwan II bin Muhammad bin Marwan I bin al-Hakam bin Abi al-Aas al-Umayyad al-

Qurashi, ” Umayyad kalifa dOnxE, na xan xili sofale a nun a xa bElExE Abbasid ma han a dOxOde a fa “Busir” taa nan kui kelife Misira walie, a faxa a xa salide kui santidE xOnE ra xamE nde naxan kelixi basra bOxi ma a xili: Ma'oud, a xunyi naxa bolon kufa bOxi ma, a naxa a xanin “Abdullah bin Ali bin Abdullah bin Abbas bin Abdul Muttalib Al-Hashimi Al-Qurashi,” Abbasid kalifa firin xamE (na xanbi), Abdullah Al-Saffah. A nun Abu Jaafar Al-Mansur, a nun a naxa a xaxili ti a xun ma waxati nde bun ma, na xanbi xOri nde naxa fa a mu nu a kolon, a naxa a ninxi ramini a naxa a ninxi ra mini a naxa a ninxi ra mini a naxa a ninxi ra mini a naxa a ninxi ramini. a fOlO a donfe ra, a nun Abdullah bin Ali naxa a fala, a to a xa masen gni xungbe masen: "Xa waxati mu nu a masenxi won bE a xa kaabanakoe ra fo Marwan ninxi naxan na pusi dE kui, na nu bara gbo won bE."

E a falama taali nde kui naxan falama tEmui gbegbe ra ɲama tagi a nun mixi keren keren ma e xa tinxin gni raba: "I ninxi nan i xa soe ra xa i a makanta, a i makantama nE, xa i a yanfa, a i yanfama nE." .. A luxi alo yi masen gni, hali a to mu kolon xi a kelide, a findixi fe nan na naxan tide na a nun a tide gbo ...I mu a toxi dOktOre na i ninxi matofe i to fa a yire furema a nun tOrOxE. kelife fure nde ma naxan wo tOrOxi?!.. Yi yire yi masen gni ma senxi nE a ma senxi nE a ma sEmbE ra naxan fatanxi xui gningi ra naxan mixi ra tima fe kobi wuyaxi ma naxan fama rabade a nun naxan fama rabade, na nan a ra mixi lan ma a xa a tuli mati a nun a xa a yEtE ratanga.

Na gningie ya ma naxan xanin ma xui ra a nun fe naxan e rabilinxi a nun fe kobie a nun marasi naxan e ma senxi, Mayo Clinic nun WebTeb yi yiree ma:

1- gningi fixE: a fure nan yi ki (xOnE - fure - bere gbegbe minfe - dEdE xa santeya kobi - dEdE xara - dEdE xOnE - sigarEti minfe - dEdE xa lichen planus, naxan findixi fure xOrOxOE ra naxan fate ma sElExun ma a nun a fate ma sElExun ma a mOdEli naxan mu lanxi. furi fure, furi fure, a nun furi fure - sifilis.

2- gningi gbeli findixi tOnxOma nan na fure ma naxan mixi tOrO ma (a ninxi xube nan a ra a nun a fate mu lanxi a ma a xili fraise tongue): A wama naxan falafe a gbeli gbeli nan a ra a nun a fari ma naxan a ma senxi a yalan xi

Ɲanxi (nɔnxi yalanxi). baloe xurun fe alo pellagra, naxan fatanxi vitamine xurun fe ra Niacin xa na mu vitamin B3 donse kui - na findixi bOxi nan na naxan na ninxi kui, yire gbeli naxan na ninxi fari ma a findixi tOnxOma nan na naxan fatanxi sigarEti minfe ra, a nun a nun donse xOrOxOE xa na mu a ra xOrOxOE, xa na mu alerji naxan na dE xE ma xa na mu gninE - kOntOfili naxan na bOgnE kui xa na mu bOgnE kui xa na mu fure naxan na dumee tagi (MIS-C).

Wo xa a kolon a ninxi fari ma xOrOxOE findixi a xa santeya nan na barima a na papillae xunxuree nan kui, kOnO nindE xOrOxOE dangi a singe ra a masenxi nE a vitamin B12 xa na mu wure mu na, naxan nOma papillae xa atrofie ra bade.

Wo ma gnoxun xa a sa li fe gbEtE nan a ra a nun vitamin B6 nun B12 dose xun masa (a dangi 5 han 10 mg lOxun keren)?! Pimples xa na mu acne naxan na fate ma a fama nE gbode.

3- wuli xa na mu violet (violet) gningi: (wuli gnErE kobi na xanbi oxygène mu na a nun fure gbEtE naxan fatanxi wuli ra, bOgnE, fure a nun bOgnE - cyanide poison - nerve system dysfunction - eczema nan na blue tongue xa fe ra - Kawasaki fure naxan falaxi a singe ra, a gbeli - hypothyroidism Adrenal gland fure xa na mu a ra naxan xili Addison fure - fure ndee alo: haloperidol, metoclopramide, risperidone, a nun minocycline - varicose veins under the tongue with age).

4- gningi gbeli naxan ma sElExun xa na mu xunsE gbeli (a fan), a findixi fure nan na naxan fatanxi fungi ra xa na mu bakterie ra a nun fure naxan na dE kui, naxan kui filiform papillae xa gboe, a xa gboe a nun a xa gboe naxan na xui fari a ra bama, a gningi masarama gbeli ra xa na mu gbeli ra e dOxOma dEndE xEn. a nun sigarE na xirixi, a nun bakterie a nun levure e malan ma, na nan a ra ninxi na gbeli ma a nun xunbe ra. Na fure xa fe nan yi ki: (dE xOrOxOE - dEdE xaraxi - sigareti minfe - sukari - dEdE raxafe naxan mixi tOrO ma alo peroxide -. antibiotik ndee, alo tetracycline - chimiothérapie usi fe - te gbeli minfe, kafe, xa na mu alcool gbegbe - donse xOrOxOE nan

gbansan donfe) a nun na fure dandan ma nE a xa fure lOE xi nE a nun fe kobi yo mu na...

MSD xa seedeɲɔxɔya kui, a lanma a xa fatanfasi raba ninxi xunsɛxɛ nun xunsɛxɛ leukoplakia tagi, naxan findixi xunsɛxɛ ra naxan na ninxi sɛɛti ma. a nun a gbegben gni na fure nan ma naxan mixi fate ma kanta ma, a gbengben gnira VIH fure.

5- gningi gbeli (waxati n de a nun xun sExE): A xa fe keren nan a ra bakterie malan fe.

6- gningi gbeli a nun a xa fee nan ya: (a dOxOma dOxOma, naxan a niyama bakterie xa gbo - dEdE xara - waxati naxan singe ra ninxi xa findi fOrE ra a nun xunsE ra naxan findixi a singe ra a nun a xa tOnxOma - fure tOnxOma - sigarEti minfe - sigarE xOnE - xOnE nun xOnE, naxan findixi yae nun fate xOnE ra barima bilirubin wuyaxi nan a ra, naxan waxati n de a ma senxi bOgnE fure ma a nun bOgnE fure - psoriasis - eczema - bOgnE fure - fungi fure.).

7- Orange gningi fatanxi yi nan na: (dE xOrOxOE a nun mixi yEtE ra gatafe - antibiotik nde a nun donse nde naxan na beta carotene kui, naxan findixi se ra naxan karOti gningi fima - seri ndee alo rifampin, amiodarone, hydroxychloroquine, quinidine, a nun chlorpromazine).

8- gningi gbeli: a kelixi (xaxili fure alo ulcere, eczema, wure xurun gni, a nun wuli xurun gni).

9- gningi gbeli: a mu tOrOma, a nun a xa fe nde: (donse donfe a nun minse minfe, sigarE, furi fure, a nun furi fure), kOnO fure minife nO ma findi de kansEri ra naxan na dE kui.

A findixi nOndi nan na, na kui, karamOxOe naxan falama a xui gningi findixi yalan gni nan na. A xa gningi masarama nE a findi xi nEtE ra a nun a findi xi nEtE ra naxan fure xungbe nun fure xunxuri xanin ma, kOnO a birin na. A mu findixi lanpui keren na. Xunxure gningi nan a ra naxan tide na.

1- Xunxure gbeli kelixi (xuli bun ma xOnE, naxan fOlOma gbeli ra a fa findi gbeti ra a nun gbeli gbeli ra - wuli xOnE xa na mu xOnE xOnE - fure xOnE - vitamini B12 xurun - gland adrenal fure - bOgnE fure - fate kansEri xa na mu melanoma fure xungbe kui - sankiri xOrOxOE sofe, naxan a niyama wuli xunxuri xa kana.

2- Xunxure gbeli xa na mu a ra gbeli gbeli, a nun a xa fe nde: (oxygène mu na wuli gbeli kui, na fe xili cyanosis - wuli xOnE naxan fatanxi fure ra - furi fure, alo : asthma, emphysema, a nun fure naxan mu dandan ma xa na mu fure naxan mu dandan ma a nun bronchite fure naxan mu dandan ma - bOgnE fure mOli wuyaxi, alo: atherosclerosis naxan fatanxi oxygène xurun fe ra wuli xunxuri kui naxan na bElExE ma a nun hemoglobin na a kui wuli gnErE ki ma.

3- Xunxure gbeli a nun xOnE xOnE fure (fe nde naxan mu toma): A kelixi (fure fure, naxan xunxure xa gboe ra xurun ma a man e rafelen ma, a man e xa gboe ra xurun ma e xa gningi ma findi xOrOxOE ra - sigareti minfe - fure - bOgnE xa na mu bOgnE fure - psoriasis) a nun yiki Vitamin E xa wali naxan a niyama a xa gningi masarama.

4- Xunxure gbeli: A kelixi a nun a xa yalan gni: (bOgnE fure - fure fure, alo: fure fure - furi fure - wuli fure - balofe a nun ye xunxure naxan fatanxi ye gbegbe minfe ra lOxOE birin).

5- Xunxure gbeli xa na mu xOnE gbeli fure, a nun a xa fe nde: (fure fure naxan xili pseudomonas xa na mu Pseudomonas - sankiri xOrOxOE sofe, a balan xi waxati xOn gbegbe barima ye xunxure findixi se fangni nan na bakterie xa gboe bE) .

6- Xunxure gbeli nan a ra naxan ma gaxu, a nun a xa fe nde: (cerebral hemorrhage-

Wuli xungbe a nun stroke, bOgnE fure, monoxide de carbone, lupus xa na mu alopecia.

7- Xunxure ma sElExun, a xa fe a nun a xa fe kobie nan yi ki: (pneumonie - zinc xurun gni - albumin xurun gni - furi fure - proteine xurun - wure xurun - arsenic poison - psoriasis - eczema).

Xa i wama na fe kobie ra xurun fe, a tide na a ra i xa baloe fangni don, i xa ye gbegbe min lOxOE birin, i xa sigareti minfe, i xa i xunxuree rafelen a nun i xa iyEtE rafelen tEmui birin, i man xa i yEtE makuya sankiri ra naxan ma sElExun a nun sankiri xungbe ra, i man xa e masara sankiri ra sankiri, naxan a niyama fure xa gbo a nun a xa yensen.

Mixi xili kangni nan faxaxi arsenik fure ra na nan nu na fransE mangE napoleon bonaparte ra mai kike suli 1821 AD, a nun a xa neutron activation analysis, xa na mu NAA, naxan nu na a xun sExE ma. a xa waxati mixie beenun a xa faxa, a nu na a dEdE nun a sEngni ma, naxan a masenxi a yi toxin mOdEli nan a ra naxan nu bara Europe birin tOrO a xa xiye xungbe ra. Na kui, yi maxOrin gni na bElExE nOxunxie nan ma na xan nu wama a xa waxOn gni kanafe a nun a xa duniE ra ɲɔnfe mafuren, xa na mu a ra na fe nu bara sugandi barima a nu na a rabilinyi, naxan nu rafexi arsenik ra, naxan a niya a xa malan a nun a dangi fe ra naxan na sEmbE kanafen ma, na findixi fe nan na naxan mu dandan ma.

Na findixi fe fangni nan na?! Ɲɛnyi gningi fan findixi santeya fe nan na, alo a falaxi ki naxɛ wo xa Napoleon xa misaali kui ?! ..Iyo, a lanma, a nun yi gningi tagi:

1- gnErE gbeli: a ma senxi oxygène xa circulation kobi ra wuli kui, a xasabi na xurun fe, a nun oxygène xa saturation wuli kui naxan mu dangi 85% ra, naxan xili cyanosis, alo moxo a falaxi ki naxE - wuli sEmbE kanafen a nun bOgnE kOntOfili - fure xOnE (COPD) - asma - fure xOrOxOE (ARDS).

2- dOxO fixE: A fatanxi wuli fure nan na (a findixi wure xurun fe nan na, vitamin B12, xa na mu asidi folik donse kui, wuli minife furi kui, a nun wuli xurun fe naxan fatanxi kike wali xungbe ra), wuli xurun fe, a nun fure xOrOxOE .Waxati n de dEdE fixE xa na mu a gbeli na na a ra naxan xili oral candidiasis, xa na mu fure naxan xili febrile.

3- gnErE xOrOxOE: sigareti minfe nan a ra xa na mu “Addison fure” naxan na a kui, naxan a niyama gland adrenal xa steroid hormones rafamanE, a gbengben gni cortisol - soge bun ma - di barife - malaria fure ndee.

4- gnErE gbeli: sigareti minfe nan a ra xa na mu “Peutz-Jeghers” fure, naxan gbeli gbeli, a nun “Lauger-Hunziker” fure, a nun fe gbEtE naxan dOxOma gbeli masarama hemochromatosis nan a ra.

5- dEdE gbeli: a xun gbofe a masenxi nE a fure nun bOgnE nan na.

6- gnErE gbeli a nun gbeli: yi fure fatanxi xinbeli xungbe nan na gnErE kui a nun a xa lufe waxati xOn gbegbe ma a nO ma findi de kOntOfili ra bOgnE xa na mu furi ra.

Won bara gEn na nan a ra?! ..a mu rabaxi sinden..wo wo tuli mato fan...na nan na tuli ra naxan xili Frank xa tOnxO ma - (a singe ra a xurun - a firin de a fari ma - a saxan de dangi a tagi ra - a xungbe wrinkle that occupies the entire area) - may A masenxi nE a forife singe nan a ra a nun mixi bOgnE fure sOtO fe, diabEt, xa na mu angina fure, kOnO a findixi fe nan na naxan mu nOma findide seede ra a nun a tide, na nan a ra a mu nOma lade a keren na a man lan ma a xa findi dOktEre xa fure ra naxan mu lanma a xa raba xa na mu a mu na.

Na birin kui, won bara a ra ɲɔn xaxili fan gni ra, naxan findixi sariyE xungbe ra n naxan xaran n ma wali kui furemae xa fe ra, risk management, a nun furemae xa makanta, a lan ma won xa nO fe raba de a fangni ra DuniE birin naxan na wo rabilinyi a nun wo xa na xaxili sEmbE so naxan na a rabilinyi kui a nun a bElExE mu a ma goro han fe naxan nabaxi a nun wo xa bira Reaction a nun a yEtE toma nE a findixi fe nde nan na naxan na fe nde kui a nun fe nde naxan na a kui. Na nan a ra a naxan sugandixi a xa fe birin lu a yi ra ala ko a xa a xa fe ra ba a nun a xa a dOnxE rafala a bE. Na fe mafura wo xa wo yatagi sa lOn ni ma a nun wo xa lu lOn ni kira xOn ma. wo xa sEmbE so, wo xa tinxin gni a nun wo xa wo xaxili rayiriwa ala ko wo xa nO balode fe gbegbe ma wo mu naxan kolon, xa wo a kolon, e lOE ma nE a man lOE ma, a nun hadisi xOrOxOE kui naxan na namiɲɔnmɛ xa yaamari ma, Ala xa a fala.

wo xa duba a bE a nun wo xa bElExE fi a ma: (wo a kolon, na nan a ra wo xa lu a ra)...wo xa wo xa duniE masara “wo xa balo santeya nun lanlanteya ra” wo kata wo naxa tagan wo waxOn gni sOtOde a nun A lanma, a birin fatanxi Ala Sɛnbɛma waxɔnfe nan na..

<u>Sɛbɛli ti, fe matoe, nun buki sɛbɛma Mohamed Fathi Abdel-Al xa taruxui</u>

<u>N Marigi, fe fangni birin ma i naxan xErE n ma, n setare nan n na (Al-Qasas: 24)</u>

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Xaran gni sariyE:

1-Bachelor’s degree in “Pharmacy” Zagazig univErsite 2004.

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Xaxilima sEbEli:

1- Buki “maɲɔxunɲi naxan na lɔnni, diinɛ, nun siwilisasiyon tagi” - Dar Al-Maidan naxan na yi buki raminife nun a itaxunfe ra, a findixi yire firin nan na 2019 nun 2020 kui.

2- Buki “Tarixu xa misali” - Diwan Al-Arab Publishing and Distribution House 2020.

3- Kitaabui “Taruxu nun buki sEti ma” - Diwan Al-Arab Publishing and Distribution House 2021.

4-Buku “The Pandemic of the Age” - Nile and Furat Publishing House 2020.

5- buki “Tales of Proverbs” - Diwan Al-Arab Publishing and Distribution House, 2021.

6- Buki “Pandemic Fantasia” - Diwan Al Arab Publishing and Distribution House 2022.

7-Buku “Pages from the Moral History of Egypt” - Dar Diwan Al-Arab for Publishing and Distribution 2022.

8- Kitaabui “Tarixu kelife taruxu ma” - Diwan Al-Arab Publishing and Distribution House 2021.

9-Buku “Hawadit Al-Mahrousa” - Diwan Al-Arab Publishing and Distribution House 2022.

10- Buki “Among the Characteristics of Ramadan: The Most Beautiful Names of God” - Diwan Al-Arab Publishing and Distribution House 2022.

11-The book “Tanzaku Happiness” - Diwan Al Arab Publishing and Distribution House 2022.

12- Buki “On the Forty Café” - Diwan Al-Arab Publishing and Distribution House, 2022.

13- Buki “Nostalgie de la réalité et des illusions” - Diwan Al-Arab Publishing and Distribution House 2022.

14- Buki “A Confused History between Pan and Anne” - Diwan Al-Arab Publishing and Distribution House, 2022.

15- Buki “Pages of Islamic History, Lessons and Lessons” - Dar Al-Wahaibi for Publication, Impriming, Distribution, Artistic and Media Production - Ibn Muait Printing 2023.

16- Buki “Royalties from the Hidden Worlds of Covid-19” – Diwan Al-Arab Publishing and Distribution House 2022.

17- buki “Rawaq Al-Qasas Al-Ramadan” - Dar Diwan Al-Arab for Publishing and Distribution 2023.

18- Buki “ Footnotes on the Notebook of the Status of Egypt ” - Diwan Al-Arab Publishing and Distribution House 2023.

19- buki “The Picnic of Al-Ba’a fi Al-Readers’ Discussions” - Diwan Al-Arab Publishing and Distribution House 2023.

20- Buki “Ik xa sEmbE kanafen na ra mixi xungbee xa lan boreya kui” - Dar Diwan Al-Arab for Publishing and Distribution 2023.

21- Buki “xiye sOtO fe ramadan fe kui” - Dar Diwan Al-Arab ra minife a nun a itaxun fe 2024.

22- buki “A Divine Journey in the Space of the Most Beautiful Names of God” - Diwan Al-Arab Publishing and Distribution House 2024.

23- buki “Shaj Ras al-Taarikh” - Dar Diwan Al-Arab for Publishing and Distribution 2024.

24-Buku “Al-Durr Al-Manthur Fi Hidden in the Essence of Minds” - Dar Diwan Al-Arab for Publishing and Distribution 2024.

Kitaabui nun taruxu xunxuri malanxi:

1- Kitaabui “An Hour of Justice” - Diwan Al Arab Publishing and Distribution House 2020.

2- The novel “Autumn of Andalusia” - Dar Lotus Free Publishing 2021

3- Taruxui xurunxi malanxi “Taruxu kui” - Diwan Al-Arab Publishing and Distribution House 2021.

4- Taruxui xurunxi malanxi “Xan Ala wo xanu” - Diwan Al-Arab Publishing and Distribution House 2022.

5- The play “Feet on the Thorn Bridge” - Diwan Al Arab Publishing and Distribution House 2022.

6-The short story collection “Astrobia” - Diwan Al-Arab Publishing and Distribution House 2023.

Na bukie naxa e yEtE sa ma sen gni kui Kairo, Alexandrie, Sudan, Istanbul, Amman, Tunisie, a nun Irak.

E-books:

• Heart Breezes (Haiku) buki.

• Mangɛ xa buki nun a xa dimi.

• Sultan xa buki a nun salide xungbe tife.

• Taruxui buki naxan na Arab Dhaad Forum (buku malanxi) kui karamOxO Dr. Wissam Ali Al-Khalidi xa yaamari bun ma. Arab Dhad Forum nan a ra minixi Knowledge Enrichment Academy, International Friendship Organization Sweden, 2nd session of the short story competition “Writing is a Position and a Responsibility”, June 2021.

• E-books naxan itaxunxi arabu sEbEli gbEtEe ra:

- N ma taruxu (dimEdie xa malanyi).

- Literature Glimpses (a joint book on human development).

- Taruxui a nun masen gni (dimEdie xa malanyi).

- A Window on Science - The Age of Genes (a joint scientific book).

- A Window on Science - The Time of the Pandemic (a joint scientific book).

- FenEtr on Science - Scientific Qatuf (joint scientific book).

- Tarixu ginEe (Tarixu buki malanxi).

- GinEe naxee na banxi xungbe kui waxati birin (tarixu buki).

- Qatuf min al-Hadharat (taruxu buki).

- Taruxui kelife xaxili baa ma (dimEdie xarande malanyi nan a ra).

- Xaxili sEmbE (dimEdie xa malanyi).

-Durar Al-Ma’rifa (dimEdie xarande malanyi).

- Breezes in the Sky of Art (a joint art book).

-Tweets of Difficult Times (a joint book in literature of letters).

-A kelixi Al-Azhar Al-Sharif xa mixi xungbe nan ma (a findixi buki nan na naxan fatanxi mixi xa taruxui ra).

A xa sEbElie bara masen bOxi gbEtE xui gbEtE ma: anglE xui, fransE xui, itali xui, sinuwa xui, japon xui, rusi xui, grek xui, hebreu xui, turki xui, persan xui, tEkE xui, aliman xui, finlande xui, azerbaïdjani xui, letoni xui, malawi xui, serbi xui, esipaɲi xui, romani xui, esperanto xui, Somali, Portugali, Dutch, Yakutian, a nun Kalalist.

Wo xa mali bukie ma:

A singe: bukie xa fe kui:

1- Wo xa wo gbe raso yi buki kui naxan xili “Santeya makantafe findixi fe kobi nan na ɲamanɛ nun ɲamanɛ xa makantafe ma” naxan fatanxi Arabu Demokratik Centre ra naxan na Berlin, Allemagne, a nun fe matofe naxan xili “Corona Pandemic Treatment Options” 2020.

2- Wo wo gbe raso sEriyE sEbEli kui na xan xili “Towards an Effective Treatment for the Covid-19 Virus” naxan na al-Nisour univErsite koleji kui Irak, “Educational Articles on Covid-19” 2021.

3- Wo xa wo gbe raso fe xOn na fegni buki naani nde kui naxan xili Social Studies Series - Corona Society, Where Are the Repercussions and Stakes naxan minixi Social Research and Studies Laboratory ra naxan na Faculté des Sciences Sociales et Humaines de l'Université de l'Université de l'Université de Aout 20, 1955 , Skikda, Algeria 2022.

A firin de: wo xa wo maso bukie ra taruxu nun sEbEli kui:

1- Buki “Diwan Al-Arab” - A saxan nde (Article) - Diwan Al-Arab Publishing and Distribution House 2020.

2- buki “Passing Pens (Short Stories)” - Dar Diwan Al-Arab for Publishing and Distribution 2021.

3- buki “The Clutter of Letters, a Literary Encyclopedia” - Part Two (Short Stories) - Diwan Al-Arab Publishing and Distribution House 2021.

4- Buki “Ambassadors of Amazement (Stories)” - Yastruun Printing and Publishing House 2022.

5- Buki “N ma taruxui wo bE (taruxui xurunxi)" - Kayanak Publishing and Distribution House 2022.

6- Buki “On the Wing of a Dream (short stories)” - Lotus Free Publishing House 2021.

7- Buki “When We Knock on Doors (Articles)” - Lotus Free Publishing House 2022.

8-Buku “Hypothetical (Short Stories)” - Dr. Essam Mahmoud xa yaamari bun ma, karamOxO nan a ra, Helwan University - Dar Al-Saeed for Publishing and Distribution 2022.

9- “The Golden Book: 100 Stories by 100 Creators from 11 Countries” - Rose Al-Youssef Foundation 2021.

10-Buku “Arabic Candle Notebook and Pen” - Part Two - Dar Jane Publishing and Distribution - Libya

11- “Al-Multaqa xa daalisee ya ma taruxu xurunxie nan na” - Dar Al-Multaqa naxan na minife a nun a itaxun fe 2020.

12- “The Perfum of Narrative in the Land of Nile (Very Short Stories)” - Abdel Zahra Amara and Juma Al Kindi - Dar Amarji for Publishing and Distribution in Iraq 2022.

13-“A Point and From the Beginning of Passion” - Dar Al-Zayat for Publishing and Distribution 2023.

14-"Heroes (Articles)" - Lotus Free Publishing House 2024.

15-"Snails with Caviar (Short Stories)" - Dar Al-Zayat for Publishing and Distribution 2024.

A sare nun binyE naxan sOtOxi:

1-Ideal pharmacist from the General Authority for Health Insurance, Sharqia branch, 2017.

2-Farmasi fangni kelife soge tede farmasi 2015 a nun farmasi soge tede a nun misira farmasi.

3-Ibn Nile Literary Forum Shield in Short Stories 2021.

4- yi sEbEli sEbEli sOtOxi yi buki kui naxan xili Rose Al-Youssef Foundation, "100 stories by 100 creators from 11 pays" a xa Golden Book 2021 kui.

5- sEbEli sEbEli naxan fatanxi Giza farmasi sEti ra a nun sEbEli nun sEbEli komite ra naxan na sEbEli suli suli 2021 kui.

6- Iraki Amarji Magazine 2018 xa fe fangni nun fe nEnE raba fe.

7- sEbEli sEbEli kelife arabu xa fe nEnEe nun fe nEnE rabae xa malanyi ma a xa malanyi suli nde kui, naxan na Dar Jane Publishing nun Distribution xa yaamari bun ma Al-Bayda taa kui Libi bOxi kui Decembre 2020 kui.

8- sEbEli sEbEli kelife Qalyubia Pharmacists Syndicate ma a nun Culture and Creativity Committee naxan na yi wali kui naxan xili Sixth Pharmaceutical Creativity Festival 2022.

9- sEbEli sEbEli kelife Qena Pharmacists Syndicate nun Culture and Creativity Committee naxan na Seventh Pharmaceutical Creativity Festival 2023 kui Al-Kalima Hall nun Theatre El-Sawy Culturewheel Zamalek.

WoyEn gni nun malanyi:

1- Misira televiziyon maxOrin gni: porogaramu: “A nun sEgE nun sEbEli (Kanali 3),” “N kelixi yi bOxi nan ma (Alexandria TV),” “Steps (Nile Cultural),” “Zeina Ba Taste of Homes (Kanali 2),” a nun “Naharak Said.” (Nile Live).”

2- maxOrin gni a nun televiziyon: “Ambassadeur Aziza” porogaramu DMC kanali ma

3- maxOrin gni naxan nabaxi fransE radiyo ra radio monte carlo (cafe show programme)

4- Misira radiyo maxOrin gni: porogaramu: “LOxun sEwa (Kairo radiyo xungbe),” “Dunia keren radiyo (Kairo xungbe radiyo),” “Xui xui xungbe (Alexandria radiyo),” a nun “xaxili sEmbE ra” (General Program Radio) A nun “Pages from the Biography of Mother of the World (General Program Radio),” “The Cultural Salon (Cultural Program Radio),” “New Writings (Cultural Program Radio),” and “A Passing by (Radio xa programme xungbe).”

5- Press interviews: “Al-Riyadh (Saudi Arabia)”, “Al-Jarida (Kuwaiti)”, “Al-Massar (Algerian)”, “Al-Dustour (Jordanian)”, “Al-Watan (Omani)” , "Al-Jadeed (Algerian)" a nun "Bayan". ” “Al-Dustour (Iraq),” a nun “Al-Baath (Syrian).

A nu na walide:

1- xunmati nan a ra naxan na yi wali xungbe kui, naxan na yi wali xungbe kui, naxan xili «Sharqia Branch» singe ra.

2- A nu na farmasi nan na a nun a nu na risk management nan ma, furemae xa lanlanteya a nun wali ki masen gni Al-Falah International Hospital Riyadh

3-Egypte sEbEli ti, fe xOn na fegni, a nun buki sEbE

Xunmati sEbEli nun sEbEli Arabe nun duniE gbEtee kui:

1-Egypt: Al-Ahram - Al-Ahram Al-Masa’i - Rose Al-Youssef - Al-Zaman - Al-Orouba - Al-Jumhuriya

2- Algerie: XOrOxOE xui - nEnE - a xanbi ra - arabu bOxi - republique

3-Libya: Visania - Echo of the Future

4- Arabu mixie xa xibaarue sogegorode: Kanada lOxEe Kanada a nun n ma bOxi xui Amerika Amerika

5-Iraq: The Fourth Position - Al-Maraya Magazine - Youth Panorama - Al-Sabah - Al-Dustour - Al-Bayna Al-Jadeeda

Encyclopédie naxan kui a xa taruxui nun a xa walie falaxi 2019-2021 tagi:

1-Encyclopedia “Journalistes between Two Generations” - A firin de, Sadiq Faraj Al-Tamimi nan a rafala - Iraq

2-Arabu sEbEli nde, "Shahryar in Baghdad, Biography and Texts," naxan rafala Dr. Zainab Al-Sudani nun Abdul-Zahra Amara - Amarji Literary Publications - Iraq.

3-"Al-Faisalians nun e xa mangEe naxa a sa geeli buki kui" - Al-Faisal Publications - Paris.

4-"Free Horizons Guide for Arab Writers" - Third Edition - Prepared by the poet Muhammad Sawalha and the novelist Muhammad Fathi Al-Miqdad - Jordan.

5- “The Modern Encyclopedia of Arab Poetes and Writers” - Parts Five and Eight, published by Dar Al-Rida for Publishing and Distribution and Dar Al-Jundi for Publishing and Distribution - Egypt.

Kitaabui xungbe naxan a xa walie ma senxi:

1-Buki “Heterogeneity and Experimentation in Novel Narrative, Critical Readings by Iraqi and Arab Novelists” Professeur Ghanem Omran Al-Mamouri - Dar Amarji for Printing and Publishing - Iraq.

2- Buki “Shining Names in the City's Skies” - Misira sEbEli Muhammad Fathi Abdel-Al xa taruxu - naxan yayilan Engineer Abdel Zahra Amara, Amarji

Printing and Publishing House xunmati, a nun Engineer Juma Al-Kindi - Issue 31 - Amarji Printing and Publishing House - Iraq.

E naxa a fala a xa fe ra:

N mu nu Dr. Mohamed Fathi Abdel-Al kolon n yEtE ra, kOnO n nu a kolon a xa sEbEli, a xa sEbEli, a nun a xa filozofi sEbEli kui, a findixi xaxilima nan na naxan nu sEmbE soxi a xa sEbEli kui.

Xunmati Osama Al-Alfy

"Dr. Mohamed Fathi Abdel-Al Misira sEbEli ti nan a ra na xan sEbEli sEbEli ra sEbEli kui. A sEbEli gbegbe nan na a nun a xa xaxili sEbEli a nun a xa sEbEli gbegbe. A xa sEbEli sOtOxi Cairo, Alexandria, Sudan, Amman, Tunisie a nun Istanbul, naxan fatanxi fe nEnE ra a nun fe xOn na fen gni.

Al-Riyadh xibaarui, Saudi Arabia

Tarixu kira ma gnErE fe xOrOxOE mu a ra, kOnO a findixi fe nan na naxan maxOrin ma a nun fe kolon gni naxan na taruxu sEbE ma dondoroti karamOxO Dr. Muhammad Fathi Abdel-Al nan a ra naxan yi fe kolon xi. kunkui ragima, kOnO a na kunkui ragima kira gbEtE nan ma, a na ye xunxure ra, ala ko a xa taruxui fala won bE naxan mu nu na a xa buki kui, a xa buki saabui ra “Tarixu naxan ma sOtOxi Pan nun Anne tagi... Taruxui naxan mu falaxi a nun a mu baloxi A sEbExi,” naxan minixi yi waxati.

Misira Al-Ahram naadE

Barima - n tan yEtE, n tan nan na taruxu nun taruxu xa di ra, na nan a ra n ma sEwa buki Footnotes on the Notebook of the Conditions of Egypt... N to n bElExE sa a xili ra, n naxa duba a bE n naxa a don alo BartE xOrOxOE na sube donfe... Na sEbEli ti nE a xa fe ra kelife a fOlOde: a xa fe fen naxan nEmuxi mixie xa taruxu kui won ma taruxu kui. a nun taruxu bukie nde naxee ya mu mixi yo ra bama a nun e mu tinxi e xa taruxu masen gni raso won bE mixie xa ma gnErE kui!.. Kitaabui naxan xaranma lan ma a xa sOtO a nun arabu xa buki malande.. Wo xa buki fangni nan a ra a man fangni nan a ra a nun sEbEli fangni naxan lan ma a xaran de.

Professeur Dr. Amr Abdel Aziz Mounir

karamOxO naxan na taruxu ma, taruxu nun siwilisasiyon, a nun arabu taruxu sEbEe xa malanyi mixi

Tele, radiyo a nun xibaarue masen gni (links)

1- Misira televiziyon maxOrin gni: porogaramu: “A nun kEdi nun kEdi (Kanali 3)” 2022.

Link: https://www.youtube.com/watch?v=nXHEdnzElAc

A nun “N kelixi yi bOxi nan ma (Alexandria TV)” 2022.

Link: https://www.dailymotion.com/video/x8nhkf5

A nun “Nile Cultural Steps” 2023.

Link: https://www.youtube.com/watch?v=KX028_5-eMM

A nun “Zeina nun a xa banxi sExE (kanali firin de)” 2023.

Link: https://vimeo.com/857297179

A nun “Good Day (Nile Live)” 2023.

Link: https://www.dailymotion.com/video/x8o2f5t

2- Interviews with private television: “Ambassador Aziza” programme, DMC Channel 2023.

Links:

https://www.youtube.com/watch?v=P4O0nQxSyFU

https://www.youtube.com/watch?v=VSNZyoddzrc

3- maxOrin gni naxan nabaxi fransE radiyo ra radio monte carlo (cafe show programme)

Links:

-Novel Hour of Justice 2021.

https://mc-d.co/1b7n

- Pandemic Fantasia 2022 buki.

https://mc-d.co/1hAy

4- Misira radiyo maxOrin gni: programme: “Naharak Saeed (Greater Cairo Radio)”

Links:

https://www.youtube.com/watch?v=QFRRXFK7pgs

https://www.youtube.com/watch?v=Rami-CBIFHk

A nun "One World Programme (Greater Cairo Radio)"

Link: https://www.youtube.com/watch?v=0dVnbRa-2Vk

A nun "On the Shore of Language (Alexandria Radio)"

Link: https://www.youtube.com/watch?v=XgZn_UIjufU

A nun “A Tour of Creative Minds (Public Program Radio)”

Link: https://www.veoh.com/watch/v142310547cFawsFwJ

A nun "Pages from the Biography of Mother of World (General Programme Radio)"

Link (first episode): https://www.youtube.com/watch?v=Zhnk7xwud7c

Link (second episode): https://www.youtube.com/watch?v=M54zI-_zcp0

A nun "The Cultural Salon (Cultural Program Radio)"

Links:

https://www.youtube.com/watch?v=YbmQrK_5sUw

https://www.veoh.com/watch/v142310558gSQ6WXne

"SEbEli nEnE (Radio xa sariyE)"

Link: https://www.youtube.com/watch?v=ht3qCpd207I

A nun "Resident Passerby (General Program Radio)."

Links:

https://www.veoh.com/watch/v142292474QCm359eA

https://www.youtube.com/watch?v=uxWGYE1CYBE

https://www.dailymotion.com/video/x8ofq1j

A nun "wo xa wo xa filimue raba (arabe radiyo xui)"

https://www.youtube.com/watch?v=Q0QUTOkQux8

https://www.veoh.com/watch/v142332449SjXax2a9

5- Xunmatie xa maxOrin gni: "Al-Riyadh (Saudi Arabia)" xibaarui.

Link: https://www.alriyadh.com/1974160

A nun "Al-Jarida (Kuwaiti)"

Link: https://www.aljarida.com/article/43507

A nun "Al-Massar (Algerian)"

Link: https://elmassar-elarabi.dz/99853

"Al-Dustour (Jordanian)"

Link: https://www.addustour.com/articles/1387389-%D8%B9%D9%84%D9%89-%D8%A7%D9%84%D9%85%D8%AB%D9%82%D9%81%D9%8A%D9%86-%D8%A7%D9%84%D8%B9%D8%B1%D8%A8-%D8%A7%D8%B3%D8%AA%D8%AE% D8%AF%D8%A7%D9%85-%D8%B3%D9%84%D8%A7%D8%AD-%D8%A7%D9%84%D9%83%D8%AA%D8%A7% D8%A8%D8%A9-%D9%81%D9%8A-%D8%A7%D9%84%D8%AF%D9%81%D8%A7%D8%B9-%D8%B9%D9%86 -%D8%B9%D8%AF%D8%A7%D9%84%D8%A9-%D8%A7%D9%84%D9%82%D8%B6%D9%8A%D8%A9-%D8%A7%D9%84%D9%81%D9%84%D8%B3%D8%B7%D9%8A%D9%86%D9%8A%D8%A9

A nun "na bOxi (Omani)"

Link: https://alwatan.om/details/529778

A nun "Baath (Siri)"

Link:
https://newspaper.albaathmedia.sy/2024/05/02/%D9%85%D8%AD%D9%85%D8%AF-%D9%81%D8%AA%D8%AD%D9% 8A-%D8%B9%D8%A8%D8%AF-%D8%A7%D9%84%D8%B9%D8%A7%D9%84-%D8%A7%D9%84%D9%85%D8 %B3%D8%AA%D9%82%D8%A8%D9%84-%D9%84%D9%84%D9%83%D8%AA%D8%A7%D8%A8-%D8%A7%D9 %84/

A nun "Afrika xibaarue (Algerie)"

Linkage:

https://africanews.dz/5747/

"Irak xa sariyE"

Linkage:

https://www.addustor.com/vrsfls/cntnt/file/142093.pdf

6-General literature contributions

-Buki xErEma sEbEli, taruxui 100 mixi kEmE nan yi ra - Rose Al-Youssef Press Foundation

Links:

https://www.youtube.com/watch?v=JIypxOSK_4M

https://www.youtube.com/watch?v=pVvlnrDD8RQ

- yi nan na n ma taruxui ra - yi buki birin - Misira radiyo

Link: https://www.youtube.com/watch?v=qsCitV_Zu_o

-Farmasi sEbEli solofere nde naxan nabaxi Aswan farmasi sEti ra

Links:

https://www.youtube.com/watch?v=xlZ_ReaWVwA

https://www.veoh.com/watch/v142288490FAQZHT49